Biotherapeutic Drainage: Cellular & Intracellular Detoxification – An Overview

Sharum Sharif, N.D.
Therapies used in our practice:

The following are the most common therapies used in our practice:

- Drainage therapies (namely UNDA numbers, gemmotherapies, gammadyns/oligotherapies, etc.)
- Homeopathic remedies (Single, high potency, “constitutional” prescribing)
- Herbs (in various preparations: pills, tinctures, teas, salves, etc.)
- Nutritional supplements (vitamins and minerals)
Drainage is not a part of mainstream, conventional naturopathy, and thus not practiced by most NDs (naturopathic doctors). Prescribing drainage therapies requires extensive training, and they are not available over-the-counter.

Homeopathy is also not an integral part of conventional naturopathy in the United States, meaning most NDs do not utilize homeopathic remedies (at least not in the classical sense) in their practice. Homeopathy requires years of training beyond a doctorate program in naturopathic medicine. Note that higher potency homeopathic remedies are not available over-the-counter, and can be obtained by prescription only.

Dr. Sharif has extensive training in both of these modalities (Drainage and Homeopathy), and highly recommends these natural therapies to patients as they are the most potent tools available in the pharmacopia of natural therapeutics.
Dr. Sharif’s Biography:

- Received doctorate in Naturopathic Medicine from Bastyr University in 2003.
- Graduated from the New England School of Homeopathy in 2007. (This was a two year course.)
- Have been practicing in Kent, Washington since 2003.
- Received bachelor’s in EE (electrical engineering) from U.W. in 1992. Specialized in Bio-medical instrumentation. Prior to pursuing medicine, worked as an engineer for Microsoft.
Biography, continued:

- As an Affiliate Clinical Faculty at Bastyr University, he has been mentoring preceptoring students for a few years.
- Main two therapeutic modalities used in his practice: Classical Homeopathy and Biotherapeutic Drainage.
- Area of interest: “complex” conditions of various kinds, including autoimmune disease and cancer.
- **Drainage training**: Dr. Dickson Thom, N.D., D.D.S., Dr. Mikhael Adams, Dr. Robert Abell, N.D., and Dr. Gerard Genuiot, M.D. (Note: Dr. Gerard Genuiot, MD, is one of the world’s leading authorities in the field of Drainage. Dr. Mikhael Adams, ND, brought Drainage to North America over 15-20 years ago. And, Dr. Dickson Thom, ND, DDS, is the main pioneer of Drainage in the U.S.).
The information in this presentation is not meant to be medical advice. If you have any health concerns, you need to consult with your physician (MD or ND).
Overview of this presentation:

- A brief history about Biotherapeutic Drainage
- Introduction to intoxication
- Studies on environmental toxicity
- Toxicity, a major cause of disease
- Drainage, a powerful solution to toxicity
- Philosophy of drainage
- Various drainage medicines, including UNDA numbers, Gemmotherapies, and Gammodyns (i.e. Oligotherapies or trace elements)
History of Biotherapeutic Drainage:

- “Drainage” comes from Europe. Health care practitioners from France, Belgium, Germany, and other European countries have been using drainage remedies for close to 100 years.
- The father of Drainage is credited to Dr. Anthoine Nebel by Maurice Bernoville, a French MD and homeopath.
Introduction to Intoxication (how toxicity accumulates in us):

- **Auto-intoxication**: An accumulation of toxic materials generated within the body itself by such things as:
  - Stress
  - Inadequate nutrition
  - **Inadequate elimination**

- **Hetero-intoxication**: An accumulation of material introduced from outside the body such as:
  - An accumulation of metabolites from unassimilated synthetic products (medications)
  - An accumulation of toxins such as heavy metals, pesticides, insecticides, connected with atmospheric or industrial pollution.
  - An overtaxed immune system, caused by vaccinations, antibiotic use, and other pharmaceutical medications.
One Study about Toxicity:

- Mount Sinai School of Medicine study, 2002:
  - They found 167 chemicals, pollutants, and pesticides in the blood and urine of 9 adult Americans. None of the 9 volunteers works with chemicals on the job. All lead healthy lives. Yet the subjects contained an average of 91 compounds each—most of which did not exist 75 years ago. Scientists have not studied the health risks of exposures to complex chemical mixtures, such as those found in this study. For 2/3 of the chemicals found, many of which are banned, researchers have partially studied the extent to which these chemicals can harm human health. These 112 compounds can threaten nearly every organ in the body at every stage of life. ………
Mount Sinai School of Medicine study, continued….

- In total, the 9 subjects carried:
  - 76 chemicals linked to cancer in humans or animals.
  - 94 chemicals that are toxic to the brain and nervous system.
  - 86 chemicals that interfere with the hormone system.
  - 79 chemicals associated with birth defects or abnormal development.
  - 77 chemicals toxic to the reproductive system.
  - 77 chemicals toxic to the immune system.
Another Statistic:

- It has been reported that in every human being alive, no matter where they live, they have at minimum over **250 chemicals** in their tissues.
Basics of detoxification in the body:

- Step 1) In the healthy intestine, fewer poisons are formed and most of the toxins are excreted, with only a small amount naturally transported to the liver.
- Step 2) In the healthy liver, toxins are transformed in Phase I to an intermediate substance.
- Step 3) In the healthy liver, the intermediate substance is transformed in Phase II to a more water soluble substance and released to the kidney.
- Step 4) The water soluble substance is excreted via the urine.
How do toxins bring about disease?

Toxins → Disease

- Step 1) Toxins, and other poisons formed internally, leak through the unhealthy intestine and flow to the liver.
- Step 2) Toxins are not completely detoxified in the unhealthy liver.
- Step 3) Unhealthy toxins leave the liver and store in tissues such as fat, the brain and the nervous system.
- Step 4) Stored toxins recirculate in the blood and may contribute to long term poor health.
How do toxins bring about disease?

Toxins → Disease

- Toxins interfere with the proper functioning/physiology of our cells and organelles, and consequently tissues/organ systems, thereby causing our eventual death.

For example, mercury can destroy nervous tissue.
Drainage: The Solution to a toxic world and toxic body?

- Drainage medicines help the process of:
  - 1) Elimination of toxins
  - 2) Regeneration of dying and intoxicated cells.

(Book: Gemmotherapy and Oligotherapy, Regenerators of Dying and Intoxicated Cells, by Dr. Marcus Greaves, M.D.)
Comparison of Drainage and Homeopathy:

Drainage is basically homeopathy applied to certain tissues/organs as opposed to constitutional homeopathy which focuses on the whole of the person. One can assert that constitutional homeopathy* is more wholistic than Drainage.

*: For more information on homeopathy, please refer to the powerpoint presentation on our website titled “homeopathy”.
Organ-Specific Remedies, the foundation of Drainage:

Organ specific remedies possess an affinity for a particular organ. This is the foundation of “drainage” medicines and drainage philosophy.

UNDA #243 has an affinity for liver tissue, and can help “drain” or detoxify the liver.
UNDA #45 for kidneys
UNDA #9 for nervous tissue
UNDA #245 for ovaries and uterus
Juniperous gemmotherapy for liver & kidneys
Ulmus gemmotherapy for kidneys
Nat phoph 6X (cell salt) for liver
Drainage versus other forms of detoxification:

- **Detoxification:**
  - **Extracellular:**
    - Mechanical: Fasting, manipulation, colonics, physical therapy.
    - Biochemical: Herbs, vitamins, minerals, enzymes, chelation
  - **Intracellular:**
    - Biochemical: Gemmotherapy (1X) and oligotherapy (12X) → Neither one is potentized.
    - Energetic: **UNDA** numbers, homeopathy, laying of hands, acupuncture, positive thoughts, and meditation
Drainage medicines act on a deep, cellular/intracellular level.
Why drainage is more relevant now than in the past?

- According to a recent year-long, peer-reviewed study that carefully monitored the diets of a group of local children (on Mercer Island, Washington), “the urine and saliva of children eating a variety of conventional (non-organic) foods from area groceries contained biological markers of organophosphates, the family of pesticides spawned by the creation of nerve gas agents in World War II". *(Seattle Post Intelligencer, Jan 30, 2008)*

- So, as you can see, “toxicity” is right here at home.
Why drainage is more relevant now than in the past?

What are organophosphates?
“These chemicals were specifically designed to kill mammals”- thus used in nerve gas.

(Seattle Post-Intelligencer, Jan 30, 2008)

Can eating organic food help with this problem?
According to the study, yes. “Within 8 – 36 hours of the children switching to organic food, the pesticides were no longer detected in the testing.”

(Seattle Post-Intelligencer, Jan 30, 2008)
Why drainage is more relevant now than in the past?

- The environment has become much more toxic than ever. Other examples:
  - There is benzene in a number of beverages. Benzene is a carcinogenic (cancer-causing) chemical.
  - Arsenic in the drinking water in some cities (such as city of Issaquah, as of 2006 and perhaps now?)
  - Mercury in most fish
  - 100% of ALL sources of canola oil is now genetically modified
  - Air pollution
  - Even organic produce are not totally pure due to toxicity in our water supplies, cross contamination from non-organic farms, etc.

- And, drainage medicines are very effective in removing toxins from the body.
Three Main Classes of Drainage Medicines:

- 1) UNDA Numbered Compounds
- 2) Gemmotherapies (or Gemmos for short)
- 3) Oligotherapies (Gammadyns)

Note: Unless your medical practitioner (naturopathic doctor, etc.) is a “drainage” practitioner, he or she will probably not offer these therapies.
I) UNDA numbers

- Why are UNDA numbers so effective? They reverse the process of toxic accumulations resulting from auto-intoxication and hetero-intoxication:
  - 1) Assure optimal function of primary organs of elimination
  - 2) Move free toxins towards these organs
  - 3) By regular repetition of the numbers, detoxify organs and recharge the enzyme systems.
  - 4) Cause profound modification of the internal environment ("terrain") of the patient.

- SUMMARY: They have a deep cleansing action → Enhance the enzyme system to return tissues to their primary function that is essential for the return to health.
More on UNDAs:

- UNDA numbers have the ability to drain both endogenous (toxins created within the body) and exogenous toxins (toxins that enter the body from the outside).
- Conventional “detox” supplements may often invoke a “healing crisis”. This is rarely seen with UNDA numbers.
- Conventional “detox” supplements are not as deep acting as UNDA numbers.
- UNDA numbers are formulated with plants and metals (trace minerals) to create a unique complex which allows drainage in different organs and tissues.
76 UNDA Numbers

- Examples)

  UNDA #243 for liver
  UNDA #45 for kidneys
  UNDA #245 for ovaries

(Note: In truth, each UNDA number acts on more than just one organ. So, it is an over-simplification to say that UNDA #243 is “for the liver”, etc.)
Switching UNDA numbers…

*It is recommended to keep alternating medicines so that the body does not get used to the same medicine, rendering the medicine ineffective and even potentially harmful.*

Therefore, if Dr. Sharif recommends a particular UNDA number to drain (detoxify) the liver or kidneys, he would like to alternate that with another UNDA number at some point.

For example, if you take UNDA 243 for liver drainage, it would be a good idea to switch to another UNDA number once you have finished 1-2 bottles of UNDA 243.
II) Gemmotherapy: A very potent form of pure phytotherapy (Phytotherapy means herbal medicine):

- Glycerin/alcohol macerates made from the most potent or vital part of the plant: **buds**, shootlets and/or rootlets.

(Macerates are made in 1X hahnemannian dilutions but are NOT potentized.)
Sample Gemmotherapies:

- Juniperous for draining the liver and kidneys
- Ulmus and zea mais for draining the kidneys
- Rosemarinus for draining the liver
- Betula for draining the liver
- Acer, platanus: Antiviral
- Ficus: Antibacterial and anti-yeast
- Juglans: Anti-parasitic
Draining the liver using gemmos:

Sample gemmotherapy protocol for draining the liver:
Juniperous gemmo → Betula pubescens gemmo → Rosmarinus gemmo

You can drain the liver with Juniperous gemmo for one month, and then switch to Betula for the following month, and finally use Rosmarinus gemmo for the third month. The deciding factor on which one to choose depends on the clinician’s judgment. However, the fact is that it is best to keep alternating these remedies as the body usually does not do as well if you keep taking the same medicine repeatedly.
III) Oligotherapy (oligo=small) using Gammadyns:

- Oligotherapy uses small concentrations of minerals as opposed to the more common macro doses commonly used in nutritional supplements. Minerals are fundamental component of nearly every biological enzyme reaction. Four forms of mineral dosing:
  - Pharmacological doses
  - Mineral supplementation (milligrams)
  - Homeopathic doses such as ferrum metallicum
  - Oligotherapies

Note: Gammadyns are NOT to be confused with Gemmos, covered in the previous section.
Oligotherapies/Gammadyns:

- The concentrations are exactly equal to the level required for enzymatic activity.
- The distribution of these elements in an ionic solution (~12x dilution) allows them to be absorbed directly into the bloodstream (sublingually), and to be used immediately for catalytic activity.
Oligotherapies (or Gammadyns) versus over-the-counter mineral supplementation:

If minerals are bound to a substrate upon entering the body, as with mineral supplementation, these reactions occur with much more difficulty.
Oligo-elements (or gammadyyns) are used in predominantly two ways:

1) Functional or biochemical. The normalization of enzyme function. The result is an unblocking of diseased or poorly functioning biochemical pathways and the achievement of a healthy equilibrium.

2) Treatment of your underlying miasms (Miasm is a homeopathic term which is about your deep, inherited tendency towards developing disease.):
   1) Psoric miasm: Gammadyn Mn (manganese) or Zn (zinc)
   2) Sycotic miasm: Gammadyn Mn-Cu (manganese copper)
   3) Tuberculinic miasm: Gammadyn Cu-Au-Ag (copper gold silver)
   4) Syphilitic miasm: Gammadyn Mn-Co (manganese cobalt)

Note: Miasm is a rather long discussion in homeopathy, and its discussion is beyond the scope of this presentation. The above list is just a simple note for those curious minds out there who want to know why I recommend switching the various gammadyyns once in a while.
In general, Dr. Sharif does not start treating patients with certain Oligotherapies (such as MnCo or even CuAuAg) during the initial visits because these remedies are very potent and can cause side effects in highly toxic individuals. He starts patients out with UNDAs, gemmos, or other therapies (phytotherapies, nutritionals, etc.), and once the patient has done some basic organ (liver, kidney and intestinal) drainage/detox (for at least 1-3 months), then the patient will be ready to start oligotherapies.
Sample Drainage Approach, based on Dr. Mikhael Adams’s “7 Steps to Healing”:

- Draining liver and kidneys using UNDA 243 and 45 for first visit, plus castor oil packs, and other interventions (lifestyle suggestions)
- Dysbiosis therapy (intestinal cleansing) for 1st or 2nd visit, continuing on for 3-6 months, or in some cases more
- Discharging cellular toxins throughout the body using gammadyns for 3-6 months or longer.
What conditions is drainage very useful for?

- Any acute and chronic, degenerative disease responds well to drainage. In my experience, *the more debilitated a person it, the more profoundly they can be helped by Drainage*. In particular, cases where other traditional ND protocols do not appear to help would be great candidates for Drainage.
Sample Cases…

- 1) Sarcoidosis case
- 2) Psoriatic arthritis & kidney cancer
- 3) Irregular cycles, painful menstruation, and migraine headaches since menarche
- 4) Metastatic breast cancer
Case 1) Sarcoidosis

- 37 year old African-American woman with recent diagnosis of Sarcoidosis.
- After many years of feeling sick in many ways, she was finally diagnosed recently with Sarcoidosis.
- Rheumatologist recommended that she sees a naturopath.
- Drugs: MD recommended steroids, but she refuses to take steroids, fearing long-term side effects.
Case 1) Sarcoidosis

Symptoms:
- Fatigue: Energy 3/10
- Severe insomnia secondary to pain throughout the body
- Shortness of breath (history of asthma), with heart palpitations at times
- Pain throughout the body: Legs, knees, ankles, feet, shoulders, neck, and sometimes elbows
- Hypertension secondary to edema
- Dizziness almost continuously
- Nausea and vomiting sometimes
- Headaches almost everyday for past year
- Constipation: One BM per week for many years
- Bloating after eating
- Flatulence
Case 1) Sarcoidosis

**Improvements 4 days after the first visit:**

- Overall, she has been feeling a lot better. Better sense of well-being.
- Has not felt dizzy at all.
- Bodily aches and pains are significantly better.
- More frequent urination even without the diuretic.
- BMs once daily now.
- Shortness of breath is noticeably better.
- No headaches at all.
- She has not been feeling bloated after eating. This happened immediately after taking the medicines. Flatulence is almost gone.
- More energy. Woke up refreshed in the morning.
Case 2) Kidney cancer and psoriatic arthritis

- 54 year old female with history of kidney cancer- Right kidney already removed. Recent CT scan indicated tumors in left kidney.
- Other complaints: Hypertension, acid reflux for many years, chronic constipation for 40 years, edema.
- Patient in the “watchful waiting” period. Oncologist ordered CT scans every 6 months to monitor tumors in left kidney.
- Severe joint pain in all joints.
- Drugs:
  - Methorexate (immunosuppressive)
  - Enbrel injections (immunosuppressive): 2 shots a week
  - HCTZ (diuretic)
  - Atenolol (hypertension)
  - Advil
Case 2) Kidney cancer and psoriatic arthritis

**Signs and Symptoms:**
- Patient complains of fatigue.
- Generalized pain upon palpation of all abdominal quadrants.
- Pain upon palpation of all finger joints.
- 1X1 inch psoriatic lesion on the legs, on both sides.
- Significant edema in hands, feet, ankles and legs.
Case 2) Kidney cancer and psoriatic arthritis

- **Treatments:**
  - Visit #1) Basic drainage of liver and kidneys (using UNDAs, gemmos, silicea cell salt, and castor oil packs)
  - Visit #2) Dysbiosis therapy plus continued liver and kidney drainage for 1-2 months (using gemmos)
  - Visit #3) Dysbiosis therapy for another 2-3 months (using herbals versus gemmos)
  - Visit #4) Discharging of cellular toxins throughout the body (using gammadyns)
  - We are continuing liver/kidney drainage, dysbiosis therapy, and gammadyn therapy.
Case 2) Kidney cancer and psoriatic arthritis

- **Improvements reported at second visit (a month later):**
  - Overall sense of well being is wonderful.
  - Energy is 8/10.
  - Joint pain is almost entirely alleviated. Patient does not require methotrexate any longer. She only uses 1 Enbrel injection once every 1-2 months instead of 2 a week. No longer requiring natural supplements (anti-inflammatory herbs) for joint pain either.
  - Regular daily BMs have resumed.
  - Chronic reflux is 80% resolved.
  - Edema has improved, but continues to be a problem.
  - CT scan has not indicated any change in the size of the kidney tumors since we started drainage 8 months ago.
  - Psoriatic lesions moved up from scalp to arms, and finally entirely disappeared, following Hering’s Law of Cure. (Dr. Hering, MD, once stated that the body heals from top to bottom, inside to outside, mental/emotional to physical. More on this in another presentation.)
Case 3) Chronic irregular menses, painful menstruation, and migraine headaches

- 33 year old female
- History of irregular cycles since menarche along with painful menstruation and migraine headaches at various times throughout the month.
- Tried female hormones and a variety of other drugs, and even natural medicines, but continues to have these problems.
Case 3) Chronic irregular menses, painful menstruation, and migraine headaches

After a few months of drainage, her menstrual cycles became regular. The painful menstruation is almost entirely resolved. She continued to have slight headaches after a few months, but not major migraine headaches. I never did see the patient beyond this point to see if we can totally eliminate the headaches which I am certain we could have if she had continued to take Drainage therapies.
Case 4) Stage IV (metastatic) Breast Cancer

- 52 year old female
  - Diagnosed initially in 1999.
  - CT scan in 2004 revealed tumors in lungs, gall bladder, and numerous mets in the liver.
  - Liver masses have continued to grow.
- CC2: Pain over liver area. Medication: Pain meds (Oxycodone and Vicodin=Hydrocodone)
- CC3: Obesity
Case 4) Stage IV Metastatic Breast Cancer

**Review of systems:**
- Fatigue
- High Cholesterol. Medication: Lipitor
- Hypothyroidism. Medication: Levothyroxine
- Depression. Medication: Zoloft and others (intermittently for 15 years)
- Abdominal bloating (even prior to getting on Oxycodone)
- Edema which is the side effect of Gemzar. Medication: HCTZ (Hydrochlorothiazide)
Case 4) Stage IV Metastatic Breast Cancer

**Objective:**

CA 15-3: 41.7 (Normal: 0.0-31.3)
AST=32 (AST is a liver enzyme, normal range: 0-40)
ALT=28 (ALT is another liver enzyme, normal range: 0-40)

Note: Even though numerous liver mets, the liver enzymes are normal! This goes to show how blood tests (as helpful as they are) should not be the only method of assessment of what is going on inside the body.
Case 4) Stage IV Metastatic Breast Cancer

Treatment for first visit:

- Diet: Dysbiosis diet
- Lifestyle: Refer to BTG’s (Basic Treatment Guidelines- A compilation of lifestyle suggestions typed up and handed out to all patients at first visit).
- Castor oil packs to be applied over the abdomen (including liver)
- UNDA & Gemmos for liver and kidney drainage
- Other miscellaneous nutritional supplements
Case 4) Stage IV Metastatic Breast Cancer, visit #2, ONE WEEK later....

- More energy. Overall, she feels better. IV Chemo treatments make her fatigued, but recuperates much faster since she has been doing drainage.
- Abdominal bloating has improved.
Case 4) Stage IV Metastatic Breast Cancer, visit #3 (26 days after first visit)

- Overall, she has been feeling better in every way. Friends and family tell her that she has been looking healthier recently.
- For about 2-3 days after chemo, she feels fatigued. And, then she is fine.
- Abdominal bloating is entirely alleviated.
- No abdominal pain anywhere.
- Has been doing castor oil packs daily.
- We continued to do drainage.
Case 4) Stage IV Metastatic Breast Cancer, visit #4 (46 days after FOC)

- Patient continues to do well.
- We continue to do drainage.
Case 4) Stage IV Metastatic Breast Cancer, visit #5 (2.5 months after FOC)

- Overall, she feels wonderful. Lost 44 pounds.
- CT scan one month after first visit showed liver tumors shrinking.
- Has been on chemotherapy for 2 months now; Continues to receive chemo 3 weeks on, 1 week off.
- Has not had any abdominal pain for a few weeks, so does not need to take pain meds.
- We continue to do drainage.
Case 4) Stage IV Metastatic Breast Cancer, visit #6 (3 months after FOC)

- Tumors markers were normal on June 7 (3 months after ND therapies).
- CA 15_3=31.7 (0.0-31.3)
- Continue to do drainage.
- “I am not certain what this wonderful patient is doing now. I have called her and asked that she returns for a follow up, but unfortunately, she has not. Most patients do not like to go back to the doctor’s office if they are feeling well. Unfortunately, they don’t realize that naturopathic medicine is preventative, and therefore, they can continue to see their ND even after they have become well. In fact, if you have been diagnosed with cancer, it takes at least a few years of healing with solid naturopathic therapeutics in order to achieve optimal health, if at all possible.”
  
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