

Basics and Examples of Successful Treatment of Uro-nephrological Diseases (In The Context of CAM)

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ABSTRACT

In regards to conventional diagnostic and treatment modalities of uro-nephrological diseases, complementary and alternative medicine (CAM) applies evidence-based aspects of environmental medicine (toxins, physical irritating fields), of vegetative nervous system (reflex zones, sympathetic/parasympathetic balance, somatotopies, odontomas), of energetic medicine (acupuncture meridians of TCM, chakras from Ayurvedic medicine) as well as approved psycho-mentally and psycho-emotionally aspects. The uro-nephrological system is embedded in this holistic context, which enables a clear diagnostic strategy to develop an individual therapeutic concept. With these applications, it is possible to treat more precisely the complex reasons of the disease. As a primary measure, it is necessary to reduce the environmental toxic load, to optimize the dental situation (removal of dental foci) and to diminish chronic neuro-modulative triggers (foci) with the help of neural therapy. As a secondary measure we pay attention to the intestinal health and immune system. Last but not least, the patient's own healing forces need to be activated by using a vast spectrum of natural remedies and organ cell therapy. The examples of chronic cystitis, nephrotic syndrome and membrane-proliferative glomerulonephritis illustrate the successful application of CAM in this fields.

Keywords

Biological Medicine, CAM (Complementary and Alternative Medicine), Kidney diseases, Reflex zones, TCM (Traditional Chinese Medicine), Vegetative nervous system.

What is the essence and purpose of true Holistic Medicine?

To solve the problem with increasing amount of chronic diseases and cancer it needs a useful co-operation between conventional and biological medicine which is denoted in the English-speaking countries also as complementary and alternative medicine (CAM). Both directions should be evidence based. The relationship between the different medical schools can be complementary, alternative or integrative. The latter we prefer and recommend for the future (Figure 1). In many European countries, particular directions of integrative biological medicine are well-accepted by the medical authorities and health insurances [1-3]. Same tendencies were observed meanwhile in North and Latin America [4,5].

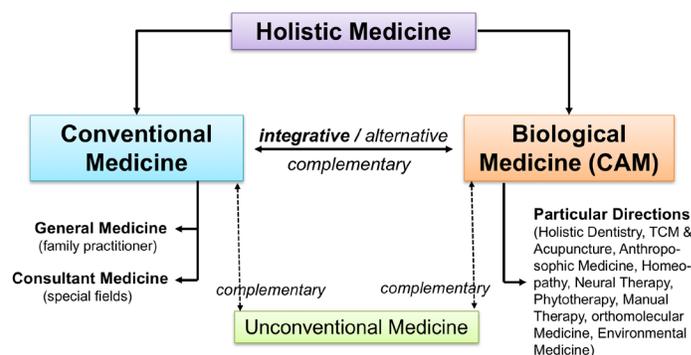


Figure 1: Synopsis of Holistic Medicine and relationship between.

Basics in holistic anatomy and physiology

According histology, all tissues in our body consist of three main compartments:

(1) the cells, (2) the fibers and (3) the matrix or intercellular

substance. “The tissue” is supplied by nerves, lymph and blood vessels. Especially the highmolecular, antenna-like proteoglycan complexes represent a filtration system between the cells and the vascular components [6,7]. According PISCHINGER this system of basic regulation is responsible for realization of the intelligent autonomic regulation, which is embedded into the vegetative nervous system,. We should especially be aware in paying attention to the micro-environmental conditions in this system which influence the cell metabolism [8-10]. To simplify this synopsis of our tissue components, it is possible to compare it with the aquarium model [11] (Figure 2).

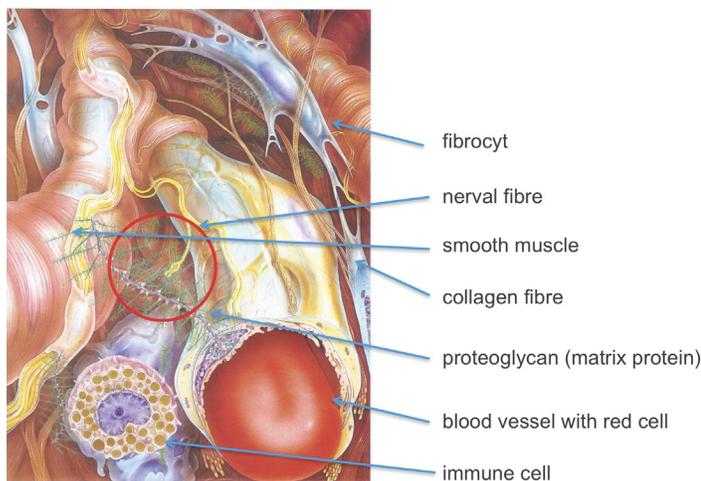


Figure 2: The main tissue components.

The uro-nephrological system and important CAM relationships

We strongly see the uro-nephrological system as an entity/part of the body, mind and soul complex, which is embedded into the different empirical and evidence based systems of CAM (Figure 3).

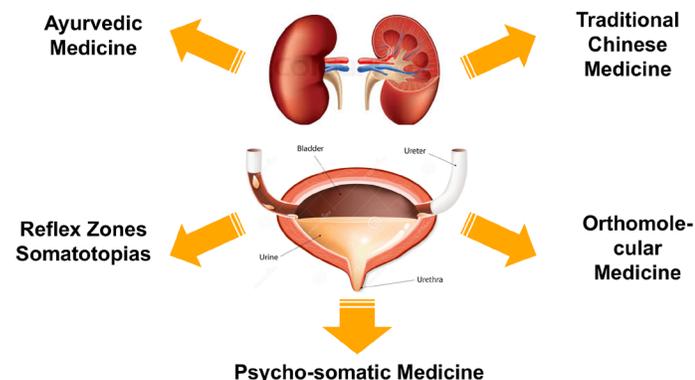


Figure 3: Important topics of CAM directions to influence uro-nephrological problems.

Well-accepted, in conventional medicine are the reflex zones according HEAD which represent the somato-visceral connection (= reflex arc) as a physiological background (Figure 4). Many kind of complementary methods, like manual therapy, osteopathy, neural therapy, special massage and many more use these reflex zones to positively influence the corresponding inner organ

[12,13,14]. The uro-nephrological system has such correlating areas in the upper lumbar spine region(lever L1 till L2) and around the so-called “belt line”region.

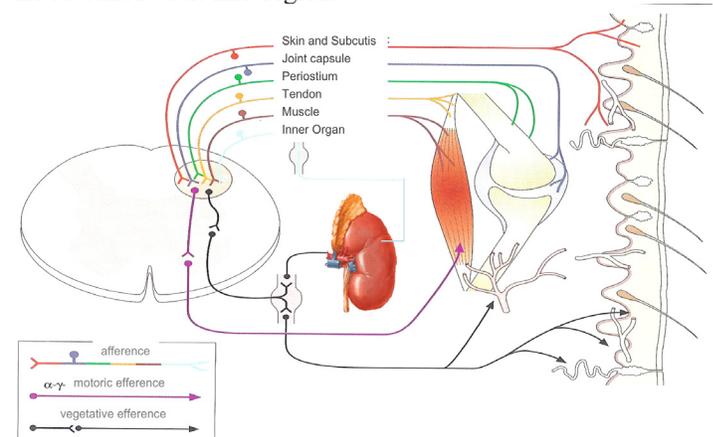


Figure 4: The somato-visceral reflex arc (according BERG et al.).

Very famous for diagnostic and therapeutic use are the Chines acupuncture meridians which correspond mostly with pathway systems of nerves and lymph vessels. Meridians similar like odontomas of the teeth, foot & hand “reflex”-zones as well as the ear acupuncture points belong to so-called somatotopias. The use of this points or areas with insertion of thin needles, acupressure or injections can influence corresponding organs [15]. From the view of integrative holistic dentistry, the front teeth can especially influence the pathology of the uro-nephrological system. In all types of chronic bladder, kidney and prostate diseases it is necessary to check the OPT (panoramic scan/ 2D scan) or perhaps also the CBCT (3D scan) and look for chronic neuro-modulative triggers which can be elicited by metallic restoration, root canal treated teeth/dead teeth, all known as possible “dental foci” in evidence based literature [16].

The Ayurvedic medicine classifies the pelvic organs as the second Chakra [17]. The position is between fifth lumbar spine and sacrum. It has assignments to sexual glands, kidneys, sex organs, hips, lumbar spine, urethra and bladder. In practice, we especially appreciate the important emotional relationships of this region which has some overlappings with contents from classic psycho-somatic medicine (Table 1).

CAM system	Corresponding Structure	Pathologic Example
Reflex Zone	Segments C0/1, C8, L1 and S1-S3	Vertebral blockade into the segment, discopathy (discal prolapse or inflammation in the segments)
TCM Meridian	Bladder – Kidney, sense organ ear, pituitary, suprarenal gland and epiphysis as corresponding glands	Frontal sinusitis, adrenal deficiency, tinnitus, pain with bend-stretch pattern, neck problems, cervicothoracal and lumbo-sacral pain, ISJ-irritation
Chakra	Pelvic Chakra number two, element water, colour orange, acceptance of your own talent	Disharmony with the surrounding world, all kinds of pelvic organ problems

Odontomas	Front teeth	Root canal treated tooth, granuloma, infected foreign body (implants), local periodontitis, metallic restorations
Psycho-somatic medicine	Bladder-kidney, sexual organs, main content: existence, escape	Fear, Anxiety, Egoism, Uncertainty, Paralytic Will, Recklessness, Injustice

Table 1: Relationships between different parts of biological medicine and uro-nephrological system.

Important causative factors for the irritation of the uro-nephrological system. It is known from physiology that the kidneys are beside the intestinal tract the main organs to detox excretion liable substances originating from metabolism or environmental load. Looking on the health effects of exposure to toxic substances and carcinogens you will find a long list of heavy and light metals as well as a big range of organic toxins affecting the urinary system (ATSDR) [18]. Very often the toxic metal load is coming from Amalgam fillings or other dental materials such as non precious metals, root canal filling material, or even titanium implants, which are prone to corrode and oxidize and are therefore permanently released and deposited in the body [19-22]. The dead tissue coming from root canal treated teeth, or areas of chronic inflammation like apical granulomas, cystic lesions and even periodontological diseases represent a permanently source for rotting bacteria and fungi (e.g. *Propionibacterium acnes* (red complex) [23,24]. Similar problems can be caused by chronic jaw cavitations or inflammations around implants, which continuously produce pro-inflammatory factors/cytokines, like TNF alpha, IL1beta, IL2 and IL6 or the chemokine RANTES [25-30].

Due to the odontoma inter-relationship a neuromodulative interfering trigger is provoked. In the beginning of a holistic treatment it is necessary to test the most important of these pathogens to properly diagnose and initiate a true causal-oriented and individually based treatment. Very important is also the determination of food allergies as too much protein intake is responsible for leaky gut syndrome and intestinal flora deficiencies. The dominant hyperproteinism and reduced digestive capability of people preferring modern lifestyle is mainly responsible for the pathological overgrowth of rotting bacteria which produce toxic rotting gases, ammonia and other alkaline substances and diminish the acidification flora (Figure 5).

Intestinal Screen			
water content	▼ 72	g/100g	(75-85)
pancreatic elastase	▼ 191	µg/g	(>200)
calprotectin	▲ 126.4	mg/kg	(<50.0)
proteins	▲ 1.3	g/100g	(<1.0)
starch	9.1	g/100g	(9.0-13.0)
sugar content	1.7	g/100g	(<2.5)
Intestinal flora			
pH	▲ 7.0		(5.5-6.5)
α-1-antitrypsin	▲ 39.7	U/ml	(<27.5)
bile acids	negative		
fatty acids	▲ 4.3	g/100g	(<3.5)
secretory IgA	▼ <278	µg/ml	(510-2040)
eosinophil protein X	122	µg/l	(<360)
aerobic bacteria			
<i>E. coli</i>	▲ 5e+08		(1e+06-9e+07)
<i>Proteus</i> sp.	<1e+04		(<1e+04)
<i>Klebsiella</i> sp.	<1e+04		(<1e+04)
<i>Enterobacter</i> sp.	<1e+04		(<1e+04)
<i>Hafnia alvei</i>	<1e+04		(<1e+04)
<i>Serratia</i> sp.	<1e+04		(<1e+04)
<i>Providencia</i> sp.	<1e+04		(<1e+04)
<i>Morganella morganii</i>	<1e+04		(<1e+04)
<i>Kluyvera</i> sp.	<1e+04		(<1e+04)
<i>Citrobacter</i> sp.	<1e+04		(<1e+04)
<i>Pseudomonas</i> sp.	<1e+04		(<1e+04)
<i>Enterococcus</i> sp.	▼ <1e+04		(1e+06-9e+07)
anaerobic bacteria			
<i>Bacteroides</i> sp.	▼ <1e+08		(1e+09-9e+11)
<i>Bifidobacterium</i> sp.	2e+09		(1e+09-9e+11)
<i>Lactobacillus</i> sp.	1e+05		(1e+05-9e+07)
<i>Clostridium</i> sp.	▲ 1e+07		(<1e+06)

Figure 5: Example of a typical result of stool analysis demonstrating rotting dysbiosis.

This leads to pathologic “metabolic alkalosis”, liver weakness and renal toxic overload [37]. In these cases, it is essential to change the lifestyle, like reducing animal protein intake (meat) and to improve the eating culture.

Treatment possibilities to influence uro-nephrological diseases using CAM methods

According to the priorly mentioned evidence based information, there exists a wide range of treatment possibilities to reduce causative and irritating factors which influence bladder, kidney and corresponding systems. The foreground methods, with the highest efficacy, support the kidney function and increase the detoxing capacity. In table two, many concrete methods are listed, like using orthomolecular medicine, plant remedies, homeopathic and homo-toxicological medicine as well as specific drugs from environmental medicine.

Method or Medication	Examples
Neural therapy	Wheat (intra-cutaneous injection) into the reflex zone after HEAD, corresponding Hua Tuo or Shu Mu points, scar injection in corresponding interfering fields (scars, teeth), deeper segmental injections and blockade of sympathetic trunk
Phytotherapy	Tinctures or teas from Solidago, Cranberry, Tropaeolum, <i>Armoracia rusticana</i> and <i>Uva ursi</i>
Homeopathy	<i>Berberis</i> , <i>Equisetum arvense</i> , <i>Pulsatilla</i> , <i>Urtica urens</i> , <i>Sarsaparilla</i>
Orthomolecular Medicine	Antioxidants (Vitamin C 1-2g, Zinc 15-30 mg, Selenium 200-600 µg), Algae (<i>Chlorella</i> , <i>Spirulina</i>), Lava stone powder (e.g. <i>Zeolith</i>)
Intestinal health products	isopathic up-building remedies, probiotics with <i>Lactobacillus</i> , <i>Enterococcus</i> and <i>Bifidobacillus</i> , L(+)-lactic acid, <i>Activomin®</i> , <i>Regulat Niemyer®</i> , hypoallergic and animal protein-restricted diet
Chelation	DMPS, DMSA, EDTA
Special products	Nano-T activated HMdetox®
Cell therapy	Organ cell extracts, nano-cell extracts, eco-ultrafiltrates, mito-organelles (SBR), fetal precursor stem cells (FCTI)

Table 2: Main components to support kidney function and to detoxify.

Prof. BLOBEL and his team have researched the so-called homing effect (Nobel Prize Winner 1999) as the scientific base for organ cell medicine [38-40]. The authors especially appreciate this possibility to stimulate the regeneration and renewal of degenerative damaged organs. It is described in the literature that after using of such cell preparations even patients suffering from chronic kidney insufficiency or nephrotic syndrome had a positive health benefit [41].

Case Presentations

To illustrate the routine in practicing integrative CAM methods and to support the healing process of chronic uro-nephrological

diseases, the following examples shall be helpful:

Casuistic 1

Patn. R.U., 56 years, chronic bladder infection since 5 y., diabetic nephropathy, almost monthly bladder infection, sometimes with blood in urine, three times pyelonephritis, Urosepsis 11-2015, therapy with antibiotics on multiple occasions, tendency to develop candida vaginitis.

Important anamnestic information

- Diabetes mellitus type 2 since 12 years
- Gynaecological surgical intervention 6 years ago, scar problems
- Appendectomy 13 years ago
- is working at a petrol station, amalgam fillings were removed,
- tendency for stool constipation, normal nutrition,
- many tooth problems

Additional diagnostic results

- Dark field microscopy (Figure 6)
- Ortho-Pan-Tomography (OPT) (Figure 7)
- Laboratory: GFR 23 ml/Min., RANTES chemokine 62 ng/ml (normal range <30 ng/ml)

Therapeutic procedure

- Removal of root canal treated tooth 21, removal of bridge and titanium implants right lower jaw quadrant
- Neural therapy of abdominal scars (3x)
- Intestinal up-building program and protein-restricted diet
- Orthomolecular treatment with Vitamin C, Selenium (200 µg), Zinc (30 mg)
- Immune modulation with isopathic remedies (Utilin®, Recarcin®, Sanukehl coli D6)
- Kindney support with Phytotherapy (Ceres Solidago comp.®)
- Organ cell extract treatment (kidney, thymus, spleen) over 3 month
- In case of beginning infection -> Angocin 3x2 tab. (European watercress)

Follow up

- No more bladder Infection for over 8 month
- Last laboratory 6-2017: improvement of GFR to 46 ml/Min.

Casuistic 2

Patn. M.D., 52 years, chronic kidney deficiency, exhaustion, fatigue, depressive, lost her job.

Important anamnestic information

- Mother died from brain tumor 6 years ago
- Operations: tonsillectomy 1985, disc operation L4/5 2010
- Postoperative problems after thyroid gland operation 2 years ago
- Heavy dispute with a neighbour (court proceedings)
- Has worked in PVC-recycling factory, Amalgam fillings for many years
- Last winter, problems with the heating system (odor nuisance)

- Some years contraception with copper intrauterine device
- Frequent flatulence despite of healthy diet
- Meanwhile teeth without metals, no root canals
- Will not use conventional treatments

Additional diagnostic results

- Dark field microscopy
- Laboratory: CRP sensitive 8.3 ml/l, Cystatin C 1.5 mg/l, Albumin 4.79%, gamma Globulin 26.1 %, EBV VCA IgG 69.4 S/CO (normal range < 0.75 S/CO), AST 242 kU/l, Toxoplasma gondii IgG 24.4 U/ml (normal range < 1.6 U/ml)
- Toxin analysis: increase of Phthalat-metabolites, secondary metabolites from plastic soft-makers and PCB and high load from different metals
- Stool test: lack of Bifidobacillus, Lactobacillus, rotting bacteria highly increased, pH 8.0, too much protein rests, calprotectin 126.4 mg/kg (normal range < 50 mg/kg)
- Food allergy test (IgG): high allergy towards egg, milk protein, almonds and Glutencontaining flour

Therapeutic procedure

- Infusion series with DMPS and detox combination (Vit. C 7.5 g, homo-toxicological additives, Zinc, Selenium), Ozone therapy i.v. (25 µg/ml)
- Neural therapy scars of tonsils and low back area (3x)
- Intestinal up-building program and protein-restricted diet
- Orthomolecular treatment with antioxidants, algae, medical carbon (Myrrhinil intest®)
- Immune modulation with isopathic remedies (Utilin®, Recarcin®, Sanukehl coli D6)
- Kindney support from Phytotherapy (Ceres Solidago comp.®, Ceres Urtica urens®)
- Organ cell extract treatment (kidney, thymus, spleen, adrenals) over 5 month
- Psychotherapy with deep emotional harmonizing technique, autogenic training

Follow up

- Step by step improvement of general condition, more optimistic, increase of selfawareness
- Last laboratory 6-2017: CRP normal, Cystatin C reduced to 1,12 mg/l, protein better

Casuistic 3

Pat. P.N., 44 years, Amyloidosis secondary, general weakness, increase in dyspnoe, cardiomyopathy, advanced peripheral oedema, hypertension

Important anamnestic information

- Bicycle accident with 12 years, fracture of tooth 11, root canal preparation
- 2014 replacement of tooth 11 with implant
- Since 2015 headache, chronic neck pain, low back pain, pollakisuria, potency problems
- Increase in dyspnoe, oedema: kidney biopsy -> Amyloidosis, lambda-chains

- 2 Amalgam fillings (had many years ago much more), made many paintings of ships
- Often Tonsillitis, sometimes bladder infection
- Diet with protein restriction, more vegetables
- Current medication: Furosemide®, two antihypertensive drugs

Additional diagnostic results

- Dark field microscopy
- OPT (not shown) with periimplantitis around 11, figure 11 shows the photo
- Laboratory: RANTES chemokine 46 ng/ml (normal range <30 ng/ml), IL 2 13.15 pg/ml (normal < 10), IL 6 3.8 pg/ml (normal < 2), uric acid 510 µmol/l (normal < 320), 25-OH Vitamin D 36 nmol/l (normal > 80)
- Toxin analysis via Oligoscan®: pathologic increase of Aluminium, Silver, Cadmium and Mercury

Therapeutic procedure

- Removal of ceramic implant 11, PRGF therapy
- Neural therapy area 11 with Ozone, Procaine and Arthrokelan A®
- Intestinal up-building program and optimization of protein-restricted diet, remedies against rotting processes
- Orthomolecular treatment with antioxidants, algae, Zeolith®, Vitamin D (also i.m.)
- Kidney support from Phytotherapy (Ceres Solidago comp.®)
- Organ cell extract treatment (kidney, spleen, heart muscle) over 6 months

Follow up

- no longer headache and back pain immediately after implant removal
- Step by step general better condition, after 6 weeks normal breathing,
- Last laboratory 6-2017: RANTES normal, reduced protein loss in urine.

Final recommendations to integrate CAM as a holistic concept for prevention and treatment of uro-nephrological diseases

The following principles for a useful integration of well-accepted methods of Biological Medicine shall be underlined as:

- Extended holistic anamnesis and examination appropriate to the explained corresponding of holistic systems including psycho-somatic and emotional connections
- Integration of holistic biological dentistry
- Additional use of holistic test methods (dark field microscopy, electro acupuncture, regulation thermography, HRI etc)
- Additional evaluation of specific laboratory (free radical and acid-base diagnostics, environmental analysis, stool analysis, allergy test, pro-inflammatory cytokines etc.)
- Individualized biological treatment according to the test results including motivation for improvement of diet/ nutrition and lifestyle
- Regular control of disease-typical parameters to adjust the concept if necessary

And, the most important: Honest and professional co-operation with the conventional specialist in the best interest of the patient!

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