Using Energetic Medicine in a Toxic World
Topics:
• Constitutional vs. Drainage therapies
• Homeopathy/Drainage working with other natural therapeutics
• Homeopathy/Drainage and our toxic world
Dr. Nolan Noska, ND

• Homeopathy training as a component of Naturopathic medical degree, mostly based in constitutional
• Additional training in Biotherapeutic drainage with Dr. Dickson Thom, ND, DDS
• Biotherapeutic drainage lineage in America primarily due to writings/teachings of Dr. Gerard Gueniot, MD
• This talk includes my education plus my own philosophy of treatment learned from working with patients using this medicine
Constitutional Vs. Drainage

- Constitutional homeopathy has a clear set of tenets, in short:
  - Law of similars
  - Law of single remedy
  - Law of infinitesimal dose
  - Law of direction of cure (Hering’s Law)
Laws

• Law of similars — like cures like
• Law of single remedy — use one remedy at a time
• Law of infinitesimal dose — use smallest dose amount for cure
• Law of direction of cure (Hering’s Law) — up to down, inside to out, more important to less important, reverse of appearance
Constitutional

- Very effective but limited in some ways
- Lots of practice is needed to achieve skill
- Many competing philosophies about what defines true constitutional remedies
- Over 3,000 potential remedies, lots of choices and confusion possible
Drainage Therapies

• Biotherapeutic drainage began in early 1900s in Belgium
• Combines philosophies from eclectic herbalism, homeopathy, and Eastern modalities
• Consist of blended homeopathics in specific recipes and dilutions
• Is a system based, rather than symptom approach, to cure
• Only 76 remedies in total, but almost infinite combinations available
Drainage Therapies

- Often remedies chosen in threes or fours (only when using unda numbers) that focus on specific body systems
- Unda numbers owned and operated by UNDA/Seroyal/Genestra company
- Unda based in Belgium
- Use diagram of organ systems as first step
- System based partly on Anthroposophy, a medical system made famous by Dr. Rudolf Steiner
Drainage Therapies-Body Systems

NERVOUS SYSTEM
21 - 25 yo

GI
4 yo

Skin/
Musculo-
skeletal

LUNG
(immune)
7 yo

CARDIOVASCULAR
18 yo

ENDOCRINE
12 yo

KIDNEY
(artricular) - 2 yo

Figure 1: Dickson Thom, ND, DDS (Author). 1999. UNDA Numbers: An Energetic Journey to Homeostasis and Wellness. (Diagram). November 12, 2014. Reproduced with permission.
Pros and Cons for Constitutional/Drainage

- Neither philosophy is inherently better than the other, just different
- Both can achieve wellness for the patient
- Both may be needed in some measurable amount for whole patient care
Drainage + Natural Therapies

• In short, it is a good idea to use drainage with other natural therapies
• Even more so than in Hahnemann’s time clean food, water, and air is essential for wellness
• In addition, herbal therapies, cell salts, aromatherapy, and nutraceuticals do not interfere with the action of drainage remedies when used appropriately
Figure 2: Dickson Thom, ND, DDS (Author). 1999. UNDA Numbers: An Energetic Journey to Homeostasis and Wellness. (Diagram). November 12, 2014. Reproduced with permission.
Emunctorology

Focus should be two-fold:

• Improve body’s ability to remove toxicity
• Eliminate extra toxicity coming into the body
Emunctorology

• In general, natural therapeutics often focus on improving emunctory function to some degree
• Main focus is improving lungs, skin, GI, and kidney body systems with daily activities
• BTG’s: deep breathing, castor oil packs, water consumption, diet + fish oil + probiotics
• Too many supplements can be just as bad as too many pharmaceuticals
Drainage in a Toxic World

- The world is much more polluted and toxic than it was in the late 1700s (Hahnemann’s time)
- A more effective solution is needed
- Drainage works on improving emunctory function and eliminating cellular wastes
- Once the ‘true’ patient can be seen homeopathy can be more effective
- Strip the cobwebs away with drainage and the more basic pathology arises, then use homeopathy
Drainage in a Toxic World

• The external world is polluted, thus, has effect on our internal worlds as well
• We must attain protection from the external world while purifying the internal environment
• Drainage can be achieved through the usage of many types of therapies including blended homeopathic as well as herbal medicine
• Nothing I have used improves emunctory function as significantly as drainage therapies
Dr. Nolan Noska, ND

• Questions?
Helpful Links

ACHS Health and Wellness Blog: info.achs.edu/blog
Email Dr. Noska: nolannoska@achs.edu
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