

Draining our Cells - Part 1

by Anna Bunda, N.D.



We must admit it. We are living in a chronically ill world. The focus of Naturopathic health care has more than ever before returned to its historical roots of detoxification and drainage – which is the removal of accumulated toxins that leads to restored function of the eliminatory organs.

The medical community acknowledges the causative role of environmental toxicity in human illness. Progression or development of disease occurs when the elimination of toxins is inefficient, incomplete or blocked which is in direct relation to the increasing challenges to the immune system.

There may be many reasons why patients shy away from doing what could be most beneficial for them. However, Biotherapeutic drainage does not involve any inconvenience to the patient and can effectively accomplish detoxification.

Our body is complex in its function and how it deals with foreign substances (such as heavy metals, pesticide/herbicide residues etc.), that it may or may not be accustomed to breaking down and eliminating but retaining them, being stored inside of the cells. This is central to the rise in chronic degenerative diseases in young and adult alike. Drainage has certainly shortened the time taken to reach the goals set between myself and the patient.

I will give you an example. Glucosamine sulphate can be quite helpful for those with arthritic symptoms, however, once the glucosamine is taken away, the arthritic symptoms return. Observing this we can conclude that true healing has not happened. Palliation rather than reversing the disease state has occurred. In such situations more groundwork needs to be accomplished before this supplement could be introduced to do its specific work and then not required any longer. This is healing.

Draining our cells or Biotherapeutic drainage has become an integral part of my practice now. The theory perfectly embraces the principles of Naturopathic medicine and patient results have greatly improved. The direction we are moving towards is the reversal of the disease state not just palliating symptoms in a much more cost effective way.

Please watch for my [next article](#) where I will explain more in depth what exactly Biotherapeutic drainage is.

Naturopathic doctor consultations are covered by most work related health insurance plans and are tax deductible.

Anna Bunda B.A. (Psych.) N.D. is a graduate of CCNM and is practising at Integral Health Clinic and the Optihealth Holistic Centre.

For further information regarding the naturopathic profession:

- Ontario Association of Naturopathic Doctors: 416-233-2001
- Canadian Naturopathic Association: 877-628-7284
- Canadian College of Naturopathic Medicine (CCNM):



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