

# **Draining our Cells - Part 2**

by Anna Bunda, N.D.



This article is a follow-up to Drainage of Our Cells-Part 1. I initially began explaining as to how we can now address toxicity and detoxification at a deeper level- the cell. Drainage remedies are composed of substances that have an affinity for specific organs and tissues.

The body must remove accumulated toxicity to be able to reverse a state of dis-“ease”. The patient may feel some improvement based on symptomatic treatment (medications) but the underlying vitality of the person is not seen. The progressive intoxication of a person leads to a more serious pathology. This relates to how our body eliminates accumulated environmental toxins.

### **Excretion Stage:**

Toxins are removed through fever or inflammation, which allows for elimination through the major excretory organs. These organs are the skin, bowels, urinary tract and lungs. This is an active defence stage to allow the organism to maintain a state of good health. Fever as can be understood, is a defence mechanism against the deterioration of health, so getting a cold once a year with a good fever is not such a bad thing!

### **Deposition Stage:**

If the fever and inflammation does not occur, this makes the body unable to defend itself actively. This is where passive defence comes in. This incomplete elimination of all the toxicity is then stored in certain areas. This accumulation can occur as cholesterol, uric acid and triglycerides. Conditions such as gout, rheumatism and atherosclerosis can result.

### **Degeneration:**

At this stage the body will conduct an excessive, detrimental elimination or it will internalize what needs to be expelled. Our tissues then become saturated with a variety of toxins. Pathology develops since regulatory systems do not work as efficiently. This degeneration can be slow as in autoimmune diseases or rapid such as in cancer.

Every person has a different threshold as to when our normal eliminations are not happening the way they should be and how this will manifest.

As a Naturopathic Doctor, I focus on finding the underlying cause(s) of disease.

We have the potential to offer complimentary therapy whatever disease state the patient may be in.

Please watch for my next article: [Drainage of the Cells - Part 3](#).



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

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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): [www.ccnm.edu](http://www.ccnm.edu)

