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EMUNCTORIES

The term “emunctories” comes from the Latin root, *ēmungere*, for wiping or cleansing, and is **an organ or duct that removes or carries waste from the body**. Emunctories describes organs or ducts with the physiological function that involves draining or removing waste materials from the body.

Most of us will immediately think of the bowel as our main organ of elimination, but, in fact, there are some other useful paths that the body uses to detoxify and eliminate waste.

The **skin** is an emunctory. We excrete toxins and heavy metals through our skin. Unfortunately, this doesn't just happen without some provocation. We need to perspire, at least once a week. During hot weather this is not a difficult task, but in winter it may be some time before there is an opportunity to perspire. This can lead to a build-up of toxins.

Spending time in a sauna is a wonderful way to help maintain an open pathway for elimination. Another way to stimulate skin elimination is skin brushing – brushing the skin with gentle strokes, using a soft bristle brush.

Another overlooked emunctory is the **lung**. We can eliminate toxins through the breath as we exhale. Deep breathing techniques have been found useful as a method of relaxing and clearing the mind, and to eliminate toxic waste.

The **liver** is a very important emunctory. All our hormones and the many chemicals released during normal metabolism are broken down for elimination by the liver. Also, medications and alcohol go through the liver in preparation for elimination in the bowel or kidney.

Kidneys are also important in elimination and detoxification. The best way to ensure optimal kidney function is to **drink sufficient water**. Water, not juice or soda or coffee or beer! Juices are recognized as a food by the body; caffeine and alcohol increase your body's need for water.

And finally, it is important to make sure the bowels are moving regularly so that once the liver has done its job, the waste can be moved out through the bowel.

Regular and easy-to-pass bowel movements help ensure good gastrointestinal health and good elimination of toxic waste. At least once a day is excellent, but to ensure frequency of bowel movements we need to consider a diet rich in fibre.

Some of the best sources of Fibre are

- fruit and vegetables
- oat bran, barley, seed husks, flaxseed, psyllium
- legumes – dried beans, lentils, peas

Porridge and Weetabix contain up to 10 times more fibre and just a fraction of the salt and sugar in other best-sellers.

Dr Schuessler made many interesting observations into the methods of excretion by the organism and the following tissue salts are recommended:

- ❖ For the **Kidneys**: No. 4 Potassium chloride 6X, No. 6 Potassium sulphate 6X and No. 8 Sodium chloride 6X
- ❖ For the **Lungs**: Assistance in removing the mucus from the throat, bronchus, and lungs in general – No. 4 Potassium chloride 6X

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- ❖ For the **Liver**: No. 6 Potassium sulphate 6X and No. 10 Sodium sulphate 6X
- ❖ For the **Bowels**: No. 1 Calcium fluoride 12X and No. 3 Ferrum phosphate 12X

However, one must remember to consider the manner in which the patient presents, signs symptoms, and facial diagnostics being of the utmost importance.

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THE IMPORTANCE OF SODIUM SULPHATE IN DETOXIFICATION OF THE ORGANISM

Sodium sulphate, the biochemic functional remedy No. 10, is the principal mineral that removes the harmful substances in the body caused by the excess and disturbing substances as a result of an imbalanced metabolism or digestion.

Within the process of division in metabolism substances are liberated that would become harmful if they were to remain in the body for any length of time.

Through the metabolic process such materials are always present and must be excreted, it is not true that nutritious foods carry much in the way of harmful or toxic substances – it is the elements of non-nutritious, processed foods that cause elements to remain that are harmful and may be said to be responsible for creating numerous conditions and illnesses.

Sodium sulphate reduces the amount of water which is absorbed by the large intestine. Its sulphate component contributes to the chemical reactions which overcomes the issues. Sodium sulphate could be said to be a laxative, in that it expels excess fluids from the body, which are building up and causing such problems as “BLOATING” and pain in the intestinal tract.

This element also removes excess water from the cells, and since this “process is equivalent to a cleansing” biochemists have referred to it as a “cleansing flow”.

This mineral salt (Tissue Salt) also boosts the functioning of the pancreas as well as the intestine, liver kidneys and gall bladder, by aiding the secretion of digestive juices. In this way it indirectly has a detoxifying effect. It also has an “anti-inflammatory” effect, and it supports the burning of nutrients in the cells which leads to the production of warmth and energy.

Sodium sulphate is also used as part of the treatment of serious cold and/or influenza infections where the nasal passages become blocked with mucus, which may have a yellowish/greenish appearance

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