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Liver, Heart and Brain Belong Together Therapeutically

Manfred Doepp*

Head of Holistic Center, 13 Haupt St, Abtwil 9030, Switzerland

***Corresponding author:** Doepp M, Head of Holistic Center, 13 Haupt St, Abtwil 9030, Switzerland, E-mail: holisticcenter1[AT]yahoo.de

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Abstract

If you look at recent publications on the increase in diseases since the coronavirus era at the beginning of 2020, you will find that three organs are particularly affected. These are the liver, heart and brain. The chemical and patent-oriented pharmaceutical industry has few means of strengthening and regenerating these organs. This is the field of phytotherapy and orthomolecular medicine. We have compiled our experience with a number of suitable remedies and listed them in this article. These can be used to achieve good therapeutic success.

Keywords: ***Liver therapy, Brain therapy, Heart therapy, Phytotherapy, Orthomolecular therapy.***

1. Introduction

Since the corona era, i.e. since the beginning of 2020, the incidence of several different diseases has been increasing. In the present, we have excess mortality in many countries compared to the years up to 2020 [1]. People vaccinated with Covid-19 mRNA vaccines are constantly producing spike proteins, antibodies against these, and antibodies against RNA, sometimes also against DNA [2]. If these antibodies are normal and successful, the person can consider themselves lucky. However, if there are problems with the coordination and effectiveness of the immune system, post-Covid and long-Covid syndromes can result [3], [4].

Observations of closed and controllable groups, e. g. aircrew or military personnel, revealed an increased number of deaths. According to our observations and experience, it is no longer possible today to live without problems without rebuilding and regenerating important organs. The liver, heart and brain have emerged as the three most important organs. What can be done? In conventional medicine, symptoms, syndromes and biochemical processes are treated, whereas remedies to strengthen the functions of organs only exist to a limited extent.

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This is the task of holistic medicine, as it includes phytotherapy and orthomolecular medicine, two disciplines that can work perfectly with the body's self-healing mechanisms. After all, when it comes to regenerating organ function, a doctor must admit that he cannot do without the body's ability to heal itself. What characterizes phytotherapy (5)?

2. Phytotherapy

Herbal medicine is one of the oldest medical therapies and is found on all continents and in all cultures. The basis of herbal medicine is the science of medicinal plants (phytopharmacognosy), which provides knowledge about the various medicinal plants. However, herbal medicine also includes parts of pharmacology, pharmaceutics and toxicology. Herbal medicine can therefore be assigned to the umbrella term of pharmaceutical biology. The aim of herbal medicine is to research medicinal plants and their ingredients with regard to their therapeutic effect.

In herbal medicine, only whole plants or parts of plants (flowers, leaves, seeds, bark, roots) are used, but not isolated individual substances. These starting substances, known as drugs in pharmacy, are used therapeutically fresh or as an infusion or decoction (tea), juice, tincture, extract, powder, essential oil, etc. As mixtures of substances are always effective, medicinal plants can have different effects or be used for different clinical pictures. The active ingredients of medicinal plants are subject to natural fluctuations depending on the climate, location and time of harvest. The content of ingredients in preparations made from medicinal plants can also be influenced by storage and the manufacturing process. Therefore, the standardization of the starting materials and methods for the production of medicinal products is very important. Phytopharmaceuticals contain defined quantities of active ingredients and have consistent quality and efficacy.

Herbal medicine is partly based on traditional medicine. Experience, traditional knowledge and traditions play an important role. The effects of medicinal plants cannot always be scientifically proven. Modern herbal medicine follows the principles of scientifically based medicine by assuming a dose-effect relationship and defining similar clinical pictures.

3. Orthomolecular Medicine

Orthomolecular medicine can be described as follows : Linus Pauling, winner of the Nobel Prize in Chemistry and the Nobel Peace Prize, is considered a pioneer who first used the term "orthomolecular" in 1967 in an essay for the IVG organ vital substances, civilisation diseases [6] [7]. This was followed in 1968 by an article on orthomolecular psychiatry in Science, in which Pauling defined "orthomolecular psychiatric therapy" as "the treatment of mental illness by providing the optimal molecular environment for the mind, in particular the optimal concentrations of substances normally present in the human body" [8].

In 1974, Pauling and his colleague Arthur B. Robinson [9] formulated "We believe that a significant improvement in health and a reduction in age-specific morbidity and mortality in various diseases can be achieved by varying the concentrations of molecules normally present in the body, many of which are essential to life. The field is known as

'orthomolecular medicine'" [9]. The Brockhaus Encyclopedia defined orthomolecular medicine as: "the maintenance of good health and treatment of disease by altering the concentrations of substances normally present in the human body that are necessary for health" [10].

It can therefore be stated that phytotherapy, together with orthomolecular medicine, is able to strengthen and build up organs. Which organs need this the most?

4. The Organs With the Highest Risk

The most metabolically active organs in the body are the brain, heart and liver (we have a functional overcapacity in the kidneys, so they are less prominent). These three organs contain a large number of ACE-2 receptors on their cell surfaces [11]. This puts them at risk of becoming the target of SARS viruses and spike proteins [12]. It is therefore not surprising that these three organs have become preferred victims in recent years, their weaknesses and diseases are increasing. Accordingly, it is indicated to regenerate them. We saw and still see it as one of our tasks to find and provide resources for this purpose. They are listed below in the order of their effectiveness or importance, according to our experience:

4.1 For the liver

- Milk thistle - Silymarin [13]
- Artichoke - Cynara scolymus [14]
- Celandine - Chelidonium majus [15]
- Dandelion - Taraxacum officinale [16]
- MSM (methylsulfonylmethane) [17]
- SAMe (S-Adenosyl_methionine [18]
- Burdock root (Arctium lappa) [19]
- MAP (Master Amino Acid Pattern) [20]
- Alpha-lipoic acid [21]
- Selenium methionine [22]
- Nettle extract - Urtica dioica [23]
- Ginger root - Zingiber officinale [24]
- Shilajit - Mumijo [25]

4.2 For the Brain

- DHEA - Dehydroepiandrosterone [26]
- Gaba (gamma-amino-butter-acid) [27]
- Lithium orotate [28]
- PEA (palmitoylethanolamide) [29]
- Holy Basil, Ocimum_tenuiflorum [30]

- Theanin [31]
- Glutathione [32]
- 5-HTP - 5-hydroxytryptophan [33]
- Ashwagandha - Withania_somnifera [34]
- Glycine [35]
- Phosphatidylcholine [36]
- NAC (N-acetylcysteine) [37]

4.3 For the heart

- Strophanthins - Ouabain [38], [39]
- Carnosine [40]
- Ubiquinol [41], [42]
- NADH - Nicotinamide adenine dinucleotide [43]

5. Discussion

The question now arises as to whether all these remedies can be administered in parallel, of course not. We use a drug test to individually select the indicated remedy combinations: the skin resistance (in KOhm) is measured, the patient takes the remedy to be tested in his hand and the resistance is measured again. If it falls, the organism accepts the remedy and it is indicated. If the resistance rises, the body does not need the remedy.

The question can now be asked: how are these three organs connected? The liver can be described as the "culprit organ" because it detoxifies the portal vein or on the other hand poisons the blood. Detoxification takes place primarily via the bile flow into the intestine. The liver is also able to convert ammonium in the liver into non-toxic and water-soluble urea via the urea cycle. This can then be excreted in the urine [44] - [46]. The cytotoxin ammonia mainly affects nerve and muscle cells. Almost all biological membranes are permeable to ammonia due to the small size of the molecule and its lipid solubility. The cytotoxicity is also based on the disruption of the citrate cycle by aminating the important metabolite α-ketoglutaric acid to glutamic acid [47] and on the disruption of the pH value of the cells. The encephalotoxic effect is also associated with increased glutamine levels in the brain and the formation of reactive oxygen species [47], which impair mitochondrial ATP production.

The poisoning affects the blood and then the brain: we know ammoniacal or hepatic encephalopathy as a consequence [48], [49]. Brain and heart muscle are thus to be regarded as "victim organs", in the case of the heart as toxic or autoaggressive mitochondrial cardiomyopathy [50]. Overall, the three organs should not be considered or treated separately.

6. Conclusions

It is particularly useful in recent times to treat the three organs mentioned above in a regenerative and restorative way using phytotherapy and orthomolecular medicine. The body's self-healing abilities are included and strengthened. Indicated remedies exist for this purpose and can be used without side effects. We have sorted them according to their indication and listed them here.

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