

Detoxification: Why we Need Endogenous Pathways

Manfred Doepp*

Department of Nuclear Medicine, Justus-Liebig-University, Giessen, Switzerland

*Corresponding author: Dr. Manfred Doepp, Department of Nuclear Medicine, Justus-Liebig-University, Giessen, Switzerland, E-mail: holisticcenter1@yahoo.de

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Description

A toxin (from the ancient Greek word *toxikón*) is a poison that is or was synthesized by a living being. Living beings are humans, animals, fungi, plants, micro-organisms, and also pathogens. They burden the body and can lead to disease. They either originate from the body's own metabolism or were supplied from outside. The organism is forced to transport these substances out because it has the capacity of maintaining its integrity. There are many ways to do this that we are rarely aware of and it is of great importance that we do not suppress them but activate them. The know-how method is necessary to be known by everyone.

What has been gained as knowledge and stored as wisdom by the people over millennia has a certain probability of being correct. The common parlance knows a number of wise phrases, for example: "The situation in which one has become ill cannot be the one in which one will get well" or "What has left the body can no longer harm it. They are self-evident facts that we nevertheless neglect. It is well-known that the body cannot do anything with a number of molecules, nor can it deal with them.

Toxins are metabolic waste products of endogenous origin or of environmental origin. They should be eliminated. The well-known pathways are *via* kidneys and urine (=water-soluble toxins) and liver/gall bladder and stool respectively (=preferably fat-soluble toxins). However, in many cases this does not provide sufficient detoxification, and it is no wonder that several other pathways and methods are available to the organism. For example, all mucous membranes have the possibility to deposit toxins in their mucus excretions.

Unfortunately, there is often a contradiction between external and internal beauty: The external immaculateness may be bought by the displacement of toxins into the interior of the organism. External beauty says little about internal purity. But, our biological age and our life expectancy depend on the latter. Thus, more serious diseases can be the result. Now, let us have a look, which are the detoxification pathways of the body?

The following is a summarized list of toxins entering into the body and released by the body:

- hair
- dandruff on the scalp, seborrhea
- tears

- mucus in sinuses and upper airways (e.g. common cold)
- earwax
- saliva,
- skin blemishes, pimples, acne, eczema
- mucus in bronchial tubes and lungs (e.g. productive cough)
- sweat, e.g. in the armpits
- swelling of lymph nodes, cysts
- fingernails, toenails
- women: Breast milk
- urine and stool
- bleeding hemorrhoids
- genital secretions (vagina, male ejaculate etc)
- tibial eczema and oedema
- foot sweat, corns, nail fungus

Today's super-specialized medicine is connected with a loss of overview. From a holistic and an integrative medical point of view, the important issue of detoxification is not taken into consideration. However, symptomatic treatment-(elimination of symptoms) does not change the causes and are mostly located inside the organs and often involve toxins and free radicals. The ancient medicine always taken into consideration, which included the cause and then the diseases was treated. Modern medicine is believed to be able to act without considering the cause.

Unfortunately, this has also caught on with the majority of people who believe that it is possible to heal the organism in a similar way of repairing a motor vehicle by turning off the warning lights. Also the development of the disease frequency in the so-called first and second world shows that an increase of the costs and prices is not correlated with an improved health condition of the population.

From this point of view, an education of mankind about a healthier lifestyle and, above all, helps in strengthening of the detoxification pathways and is highly appropriate. It is reported from ancient China that people burped, farted and spat into a bucket while eating, not aesthetically pleasing, but healthy. It has to be emphasized, that no one should suppress any of the detoxification methods of the body, but enhance it to remove secreted toxins.