

---

## **Auto-Sanguis Dilution Therapy**

By Bruce H. Shelton MD MD (h) DiHom

According to the 1993 edition of The Heel Biotherapeutic Index (the old Orange Book) Literature about this form of therapy appeared in the Homotoxin Journal in German from 1964-1971.

This great work published by Heel's Scientific Department wrote that: "During dilution of the patient's own blood, homotoxic blood components or homotoxins in the circulating blood (blood being the body's major transport system) are changed by the Arndt-Schultz principle or reversal effect. With increasing dilution these become detoxified and highly therapeutically active. If the dilution is carried out as directed using injeels, suis organ preparations, nosodes, etc., for serial dilutions, the blood proteins involved to express a specific antihomotoxic therapeutic reaction, as seen in the cortisone study of Prof. Hauss and colleagues."

In other words, WHAT IS WRONG WITH YOU IS CIRCULATING IN YOUR BLOOD AND BY DILUTING THE BLOOD AND GIVING IT BACK TO YOU STIMULATES YOUR OWN IMMUNE SYSTEM TO ANTIDOTE WHAT'S WRONG (whatever it is?) AND TO PROMOTE HEALING.

The original article in the Therapeutic Index goes on to describe the method for doing this leaving it up to the clinician which of the hundreds of HEEL injectables to use for the various steps.

The method described herein is a method derived by your author after 12 years of use experience with modifications made along the way some with discussions of noted homeopathic experts such as Dr. Ivo Bianchi who recommended that I add Ubichinon Comp to the formula about five years ago during one of his many lectures in the United States.

With proper technique and training, a good technician can do this procedure with a patient in about 5 minutes.

## **USA ALLOWABLE TECHNIQUES – DON'T INJECT IN THE USA!**

WHAT YOU ARE ABOUT TO READ IS A TECHNIQUE I USED BY HEEL PRACTITIONERS OUTSIDE OF THE UNITED STATES. THE ONLY HEEL REMEDIES THAT ARE LEGALLY ALLOWED TO BE INJECTED ARE TRAUMEEL, GRIPP HEEL AND ENGYSTOL. PLEASE SEE THE NEXT SECTION FOR THE ALTERNATIVE TECHNIQUE AVAILABLE IN THE USA

The supplies you will need are 27 gauge disposable 1/2 cc allergy shot syringes, sterile 6cc empty disposable rubber stoppered non vacuum glass bottles, tourniquets and misc. supplies used during venipuncture blood draws PLUS the five remedies to be used for diluting the blood. The five remedies used by the author are:

- Co-Enzyme Compositum
- Lymphomyosot
- Solidago Compositum
- Viscum Album Forte
- Ubichinon Compositum

The new American restriction by the FDA on injecting certain HEEL remedies have created modification of these techniques to administering them orally and these will be described at the end of the article as Imhauser technique for Allergies and the Shelton modified reverse Imhauser technique to get away from the injection problem.

We have renamed Auto-Sanguis therapy “5 shots” in our practice because of the 5 remedy dilution steps.

To start with, we regularly transfer 3-5 ampoules of the five remedies into 5 separate sterile bottles to act as “stock” bottles so that opened ampoules won't sit around cracked open as only 1/2 cc is used at a time and in a 2.2 cc ampoule there is enough fluid for 4 doses. 5 ampoules has enough for 11 patients (that extra 0.2cc adds up) but you should never break open more ampoules than you would use up in a week.

You are then ready to begin.

The first step is to take 5 separate 1/2 cc syringes and fill them with a 1/2 cc each of the five remedies listed above and keep them lined up in the order listed above.

The second step is to draw a very small amount of the patient's blood. 0.1 cc is sufficient. Add that small amount of blood to a new 6cc sterile glass bottle and discard that syringe.

Then immediately (before the blood can clot) add the 1/2 cc of Co-Enzyme Compositum to the bottle with the blood and succuss it ten times against the palm of your hand as per Homeopathic methodology. You then withdraw the blood mixed with Co-Enzyme back into the syringe **MAKING SURE TO SAVE THE BOTTLE!!!!**

This is dilution one and you usually will not be able to get a full 1/2 cc back out of the bottle as some of the mixture is left behind coating the walls of the bottle. Put down this syringe in a distinct place, as this will be the **FIRST INJECTION**.

Then pick up the second syringe that is filled with 1/2 cc of Lymphomyosot and inject it back into the **SAME GLASS BOTTLE** that is still coated with blood and the Co-Enzyme mixture. Succuss this new mixture ten times in the same manner and withdraw the new mixture (this time you will get a full 1/2cc) putting this syringe second in line as the **SECOND INJECTION**.

Then add 1/2 cc of Solidago Comp back to the same bottle and succuss it ten times, withdrawing the solution (which is becoming less bloody and more clear in color) back into the third syringe and lining it up for the **THIRD INJECTION**.

Then add 1/2 cc of Viscum Album Forte to the **SAME BOTTLE**, succuss it ten times, withdraw the fluid back into the syringe and line it up for the **FOURTH INJECTION**.

Then add 1/2 cc of the Ubichinon Comp to the **SAME BOTTLE**, succuss it ten times, withdraw the fluid back into the syringe and line it up for the **FIFTH and FINAL INJECTION**. **STILL SAVE THE BOTTLE!!!!**

**WE ARE NOW READY TO INJECT.**

All the injection sites are on the right and left arms. Two of them are relatively painless and the other three sting a little (actually one of the three stings considerably, but it is a 27 gauge allergy shot needle and is over quickly).

The first injection site is at the acupuncture point LI-11 (large intestine 11) on the left arm. This is found by asking the patient to totally bend their elbow. The exact end of the crease that the skin makes at the elbow fold is the point. (Some people who have extra skin make two folds, the longer line is the main one – most people have one clear elbow skin fold – try finding your own right now).

The theory behind LI-11 besides its being an anatomical dead spot on your arm is that it is said to be the one spot where new remedies can be given without side effects.

Of course, always remember to withdraw before injecting, if you get a blood return don't inject and find another site (this is unlikely as it is subcutaneous injection with a tiny needle, but those are the rules, as you know).

The FIRST INJECTION (with co-enzyme dilution) should be given at LI-11 on the left arm).

Then very quickly thereafter the SECOND INJECTION (with Lymphomyosot) should be given at LI-11 on the right arm (there is an LI-11 on each arm).

We are now up to the ones that sting:

The THIRD INJECTION (with Solidago Comp) should be given anywhere in the right arm Deltoid (upper arm) area. It helps to avoid stinging by squeezing the skin tightly between two fingers while injecting.

The FOURTH INJECTION (with Viscum) is the one that stings the most (but is really minimized if you squeeze the skin hard as you are injecting). This injection goes anywhere into the left upper arm Deltoid area.

The FIFTH INJECTION (with Ubichinon) lastly is injected anywhere on the left arm in between the Deltoid injection site and the LI-11 site.

NOW you have still saved the bottle. It can be used to make a sixth dilution to be sent home with the patient as an oral isode.

It is your job as a clinician to decide the patient's main problem and then to select the appropriate remedy.

Let's assume that we are treating a viral URI. The remedy of choice would be Galium Heel to help clear the virus.

Get a new 27-gauge allergy syringe and take the plastic cap out of a two-ounce Galium Heel bottle. Withdraw 1/2 cc of the Galium Heel and inject it into OUR SAME 6cc BOTTLE. Succuss it ten times, withdraw the liquid and inject it back into the Galium Heel bottle. Put the plastic lid back on the bottle and you now have a customized potentized isode made specifically for that patient. MAKE ABSOLUTELY SURE THAT THE PATIENT USES IT EXCLUSIVELY FOR THEM BECAUSE IT DID START OFF WITH THEIR OWN BLOOD.

The patient can take ten drops of this hourly or every eight hours, as you normally would prescribe.

Now this sixth dilution can be in any of the remedies. If this were a gastroenteritis we might use Nux Vomica Homacorde, if it were an injury you could use liquid Traumeel, a fatigue problem you could use Ginseng Compositum, etc., etc.

You can now safely dispose of the 6cc bottle that you have been using for diluting and succussing.

Patients will usually report that "something" cleared within an hour. For instance, patients with stuffy noses and colds report an amazing nasal clearing, fevers break, pains go away, etc. The patients usually wakes the next day with a burst of energy and over several weeks generally feels a better sense of well-being.

## **ORAL vs. INJECTABLE THERAPY?**

The United States Government has given Homotoxicologists in the United States a dilemma in therapeutics. The HEEL plant in Baden Baden Germany is a state of the art Pharmaceutical facility. It is clean beyond belief and you can literally eat off the floor. Constant monitoring for contamination from germs is performed at all stages of the manufacturing process and the ampoules themselves are manufactured in a “white room” with all forms of laminar airflow devices. Culturing of the finished ampoules never finds any detectable organisms.

### **NEVERTHELESS**

The American FDA has not approved the German produced ampoules for INJECTION in the United States but has approved them for Oral Administration.

There are three products that are shipped in bulk from the Baden-Baden factory to an ampoule facility in New York City and these are approved for injection in the United States. These are Traumeel, Grippe-Heel and Engystol.

Therefore the questions arise on how to comply with the law AND DOES IT WORK AS WELL? If it does then how should they be used?

Firstly, all HEEL preparations are Homeopathic in nature and are all registered with the US Pharmacopoeia under the 1938 law that established the FDA. They are all legal remedies in the United States. Secondly, it is well known that the sub-lingual route is the method of choice for administering Homeopathic remedies to Humans. The remedies simply need absorbing by the plexus of blood vessels in the floor of the mouth.

Therefore, it does work and some might argue that there were reasons that Dr. Hahneman wanted sublingual administration and is therefore the acceptable ROUTE OF CHOICE as there are not only blood vessels but

there are acupuncture meridians and autonomic nerve fibers in the mouth that are better than injection sites anywhere else in the body.

The point is, however, that Oral Administration is not a decrease in efficacy of the remedies and the FDA may in fact, without realizing it, be pushing us toward a more desirable therapeutic goal.

How then do we manage our therapy?

At a recent HEEL seminar in May 2000 at Los Angeles, California, the head of HEELS Scientific department from Germany, Dr. Med. Kusterman gave a Lecture on a technique for allergies known as THE IMHAUSER technique that has relevance to this subject mainly because it is effective for allergy but secondarily because REVERSE IMHAUSER (as developed by your author) is the oral form of AUTO-SANGUIS therapy “5 shots.”

The general theory behind injectable 5 shots and the REVERSE SHELTON-IMHAUSER technique (which will be described momentarily) is that our immune systems are depressed and need to be stimulated. This therapy of progressive dilutions of blood progressively ramps up the immune response.

Dr. Kusterman postulated that allergy represents a hyper-reactive immune state and needs to be slowed or ramped DOWN (Down regulated). The Imhauser technique (named after Dr. Kusterman’s allergist, Dr. Imhauser) is performed as follows:

To start we need the following supplies:

- A. Six –6cc rubber-stoppered sterile glass bottles as used in auto-Sanguis therapy. Six-6cc dropper bottles
- B. A supply of 20% ethanol homeopathic diluent (our office buys Everclear at liquor stores and dilutes it 4:1 with bottled water) (4:1 gives a 20% solution)
- C. Allergy syringes to transfer 1/2cc amounts of fluids

D. Stock bottles or ampoules of the following remedies  
Galium Heel  
Viscum Album Forte  
Ubichinon Compositum  
Mucosa Compositum  
Co-Enzyme Compositum  
Lymphomyosot

Start by filling the 6 rubber stoppered bottles with 5cc of the 20% diluent and label them one through six.

Then fill the dropper bottles as follows:

Each ampoule type has a different amount of solution in it. Add each ampoule to a separate bottle AND THEN add enough of the 20% diluent so that each bottle contains a total of 5cc of solution.

Label the bottle with Galium Heel #7 SIXTH WEEK

Label the bottle with Viscum Forte #8 FIFTH WEEK

Label the bottle with Ubichinon #9 FOURTH WEEK

Label the bottle with Mucosa Comp #10 THIRD WEEK]

Label the bottle with Co-Enzyme Comp #11 SECOND WEEK

Label the bottle with Lymphomyosot #12 FIRST WEEK

Draw 0.1cc of the patient's blood and add it to bottle #1; succuss it 10 times, then withdraw 1/2 cc from the succussed bottle #1 and add it to:

Bottle #2--- succuss it ten times, withdraw 1/2 cc and adds it to:

Bottle #3--- succuss it ten times, withdraw 1/2 cc and adds it to:

Bottle #4--- succuss it ten times, withdraw 1/2 cc and adds it to:

Bottle #5--- succuss it ten times, withdraw 1/2 cc and adds it to:

Bottle #6--- succuss it ten times, withdraw 1/2 cc and adds it to:

The first dropper bottle

Bottle #7 (the one with Galium)--- succuss it ten times, withdraw 1/2 cc and adds it to:

Bottle #8(Viscum)--- succuss it ten times, withdraw 1/2 cc and adds it to:

Bottle #9(Ubichinon)--- succuss it ten times, withdraw 1/2 cc and adds it to:

Bottle #10(Mucosa)--- succuss it ten times, withdraw 1/2 cc and adds it to:

Bottle #11(Co-enzyme)--- succuss it ten times, withdraw 1/2 cc and adds it to:

Bottle #12(Lymphomyosot)---succuss it ten times----END OF PROCESS

In the Regular Imhauser, where you are treating allergies, you actually start with the most diluted as the first remedy and take bottle #12 – 5 drops twice daily for a week.

Then take bottle #11 – 5 drops twice daily for a week then:

Bottle #10 - 5 drops twice daily for a week then:

Bottle #9 - 5 drops twice daily for a week then:

Bottle #8 - 5 drops twice daily for a week then:

Bottle #7 - 5 drops twice daily for a week

Bottles 1 – 6 are work products and shouldn't be given to the patient and discarded.

In this regular Imhauser we have DOWNREGULATED the immune system by starting from the twelfth bottle and working down 6 levels through lesser diluted remedies (don't forget it is the patient's blood that is the substance that was diluted through all the bottles).

**THEREFORE KEEP THESE PERSONAL FOR THE PATIENT WHOSE OWN BLOOD IT IS. DON'T SHARE THESE REMEDIES.**

In injectable 5 shots, we are UPREGULATING a depressed system and therefore by reversing the procedure by mixing everything exactly the same but taking bottle #7 for the first week, bottle #8 the second week, bottle #9 the third week, #10 the fourth week, #11 the fifth week, #12 the sixth week that we will have created A REVERSE SHELTON-IMHAUSER technique.

To summarize:

- A. Injectable auto Sanguis therapy UPREGULATES
- B. Reverse Shelton-Imhauser (starting with oral bottle #7) and working up----also UPREGULATES
- C. Regular Imhauser (working from 12 down) used basically for allergies DOWNREGULATES.

The one instance where the author hasn't tested efficacy is SHELTON-IMHAUSER in acute conditions.

5 shot injectable technique is done very quickly, probably all five dilutions in 5 minutes and results can be seen for ACUTE problems very quickly. BUT both of the Imhausers take 6 weeks!

Regular Imhauser takes 6 weeks to complete for allergies and is a very deep long-lasting therapy and should take time. It has great proven effects.

The reverse Shelton-Imhauser also is great for building someone up over a six-week period in CHRONIC conditions and likewise should take the time.

However, in order to use the reverse UPREGULATING Shelton-Imhauser for ACUTE conditions it works by taking bottle #7 every 15 minutes for an hour, bottle #8 every 15 minutes for an hour, bottle #9 every 15 minutes for an hour, #10 every 15 minutes for an hour, #11 every 15 minutes for an hour and finally #12 every 15 minutes for an hour.

# The New Six-Phase Tables- Overview of Basic Structure

| Organ System            | Humoral Phases   |                     | Matrix Phases     |            | Cellular Phases                            |                          |               |            |
|-------------------------|------------------|---------------------|-------------------|------------|--|--------------------------|---------------|------------|
|                         | Excretion Phases | Inflammation Phases | Deposition Phases | Biological | Impregnation Phases<br>Degeneration Phases | Dedifferentiation Phases |               |            |
| Skin                    |                  |                     |                   |            | Biological                                 |                          |               |            |
| Nervous System          |                  |                     |                   |            |  |                          |               |            |
| Sensory System          |                  |                     |                   |            |  |                          |               |            |
| Locomotor System        |                  |                     |                   |            |  |                          |               |            |
| Respiratory Tract       |                  |                     |                   |            |  |                          |               |            |
| Cardiovascular System   |                  |                     |                   | Division   |  |                          |               |            |
| Gastrointestinal System |                  |                     |                   |            |  |                          |               |            |
| Reproductive System     |                  |                     |                   |            |  |                          |               |            |
| Endocrine System        |                  |                     |                   |            |  |                          |               |            |
| Lymph System            |                  |                     |                   |            |  |                          |               |            |
| Metabolism              |                  |                     |                   |            |  |                          |               |            |
| Hormone System          |                  |                     |                   |            |  |                          |               |            |
| Immune System           |                  |                     |                   |            |  |                          |               |            |
|                         | Alteration       | Reaction            | Fixation          |            |  |                          | Chronic Forms | Deficits   |
| Psyche                  |                  |                     |                   |            |  |                          |               | Decoupling |

**Bruce H. Shelton MD MD(h) DiHOM**

