

Caspar (00:00):

Detox seems to be all the rage these days. Even if conventional medicine likes to ignore it, there's actually an even more overlooked piece of this puzzle that keeps us toxin free and healthy. And that piece is drainage. Today we're speaking with someone close to myself and this podcast whose detox and drainage Academy is now open for anyone looking to take control of their health and prioritize reducing their toxic burden. As a special offer to our listeners, you can use code in Omed 10 to save 10% on this course. We'll get into how to enroll very shortly, but first, this is the story of lymphatic drainage with my cofo, Dr. Mark Iwanicki. Dr. Mark, great to have you back on how you been?

Dr. Mark (00:44):

I've been great. Thanks for having me again.

Caspar (00:46):

And for those that don't know, COFO is short for co-founder. We did start a company in our twenties as little punk entrepreneurs. And you know, it's, it's blossomed into something. You've become a doctor, you've become very skilled on these topics. And listen, how we actually got started, we could go into that just for a second cuz it relates to everything. Yep. Is that you came to my father with allergies. Correct. And you took on a drainage and detoxification regimen that helped you with that. Why don't we start there? Cuz I love giving that story of like, how it all started and how you actually suffered a lot until you realized drainage was so important.

Dr. Mark (01:28):

Yeah. So I you know, struggled with allergies my whole life. And I've, I've done everything conventionally. I've done the immunotherapy shots, I've done antihistamines, I did everything. And my health was pro progressively getting worse. Not only allergies, but I was having a lot of gi I b s, a lot of GI issues, a lot of anxiety. I had the whole kind of gamut of, of issues going on. And I went to see your dad and we started working together as a patient. And, you know, he started using these, these modalities drainage, primarily drainage or oral drainage remedies as well as IV drainage and really working on detoxification, lowering detox burden. I had a lot of metal amalgams in my mouth, so remove the metal amalgams. Then you did a lot of chelation and, and treatment around pulling metals out of the body.

Dr. Mark (02:12):

And I started getting better and better and better. And you know, now I'm, I'm essentially allergy free. I mean, I still have, you know, at when it, at its peak throughout the year, I get red you know, itchy eyes and issues and have to work on that, take some natural support around that. But it's dramatically improved my health and it was really working with him and seeing how he was do using these modalities really inspired me to then, you know, kind of work with you, create this innovative medicine where we started working on marketing, promoting this information, and then eventually started importing and using drainage remedies marketing and, and distributing sono drainage remedies in for practitioners in the us. And then, you know, cuts to going to school and working with practitioners who were using drainage primarily at school. And we were using unda and pecan remedies.

Dr. Mark (03:00):

And then eventually coming to work with your dad and then seeing kind of the full spectrum, kind of the full circle moment behind the scenes, seeing how utilizing drainage remedies, utilizing these, these, these amazing products in IV form, in oral form, in injectable form was transforming people south was

really the foundational piece to what was, what was happening at the clinic where people were reversing cancers, reversing chronic Lyme, reversing autoimmune disease, reversing all these, these things. And I was just kind of blown away by it. And then became inspired to the now work promoting this information and, and teaching it and, and creating courses and memberships, working with people in group settings. So that was kind of my story, kind of full circle on how I got here. But really was, it was this, this concept of drainage, which is the foundational concept in European biological medicine.

Dr. Mark ([03:55](#)):

European biological medicine is a, is a type of medicine, you know, practice in Europe, which, you know, arguably your father is, is really the, the, the most skilled practitioner of this modality, I think, on the planet. And utilizing it to, to, to its absolute maximum effectiveness. And and drainage forms the, the base. It's the foundational piece, detoxification and drainage formed the, the foundational piece to how the we approach patients, how we were treating the patients and how we were getting them healed and getting them cured. And and it's, it was so, such a important foundational piece that not many people know about. Really, no one really knows about even people in the US who, who think they're practicing drainage aren't. And that's kind of what inspired me to, to, to get where we are.

Caspar ([04:48](#)):

Yeah, I mean, I know it as incredibly important, you know, as, as biological medicine as a whole, talks a lot about drainage remedies, but I do think it kind of gets lumped into this detox and drainage just as a whole. And there is a separation of them. Like you, you don't drainage with glutathione, you don't drainage with like chlorella and other things that, those are detox pieces and you could do the, the binders, everything like that. I understand that's very popular right now, especially in the detox world. Can you give us a little bit of, all right, what's the difference between detoxification and drainage?

Dr. Mark ([05:25](#)):

Yeah, it's a really important piece to kind of separate the two. A lot of times they're getting lumped together, even if we're practitioners who are using drainage, they're calling it detox. And, and so it gets a little bit confusing, but I think it's important to, to make that separation and make that difference because they are very unique medicines. They are very different than, than, like you were saying, traditional detox where there's usually more a of a, a pushing and, and blocking and manipulation of specific pathways, intracellular pathways phase one, phase two, phase three detox with with detoxification, something like glutathione, you're pushing a specific pathway intracellular with drainage. What makes them different, what makes them unique is that these remedies are organ wide remedies. They're, they're affecting the entire organ, they're affecting the liver, they're affecting the kidney, they're infect, affecting the lymphatic system, and they're affecting the gut, the four primary organs of detox, of detoxification in the body.

Dr. Mark ([06:23](#)):

So the drainage remedies are working on, on that level, on that global organ level. The other big piece is that they're also energetic. And we, you know, we as practitioners, sometimes we are a little bit afraid to talk about energy and energetics because it's not as well understood, or really the mechanism of action isn't as well elucidated as that's say you know, phase one detoxification nutrient. But the energetic piece is a really important piece because it's, it's providing that informational, that information piece, the, the higher level frequency of the remedy that's a match to that organ. So with with a drainage remedy, we have all these ingredients in them that are specific for, for a specific organ, let's

say the liver remedy for hepatic, for sa Luna for example, that, that, that information then gets encoded into the water in, gets encoded into, into, in the production process.

Dr. Mark ([07:18](#)):

It gets, the information gets encoded into the remedy that then is a perfect energetic match to the organs in our, in our body. So you're getting this two, two prong effect. You're getting the physical constituents, cuz the very, very physical remedy. There are constituents within those herbs that are in, in the formulation that are affecting the, the, the physical pathways of the, of the cell within, within that organ, but then also the energetics as well. We're having a two two-pronged effect on, on the organ. So it's the physical as well as energetics. So that is a really big piece that's separated out. And I, I know a lot of practitioners, and I know you and I just recently just listened to your, the podcast, you did talk Christopher Shade, and I love all his protocols and I think they're amazing. I think they're useful, but they're a little bit more, I would say advanced forms of drainage where I would layer those on top, I'm sorry, advanced forms of detox, where I would layer those on top of drainage.

Dr. Mark ([08:12](#)):

And he was referring to some of the remedies and now they're trying to create drainage remedies within the company. But I've looked at some of the formulations and they're really just herbal tinctures and they're just, you know, they're just regular you know, herb herbs in alcohol or in a, in a certain preparation, which again, have those physical constituents but don't have the energetic component that makes it a drained remedy. We can go into further detail into the energetic component, like how, how that's created home, you know, homeopathically or strategically how those are made energetic. But that re that piece is really, really crucial for effectiveness. And we know that because we, we, we've used them, you know, exclusively in the practice and we've used them to, with patients to, to have a really profound detoxification effect, really a profound healing effect for the patient. So rather than just using those specific nutrients for detox on their own.

Caspar ([09:04](#)):

Yeah, the way I I've seen it, like in, in the simplest analogies of things is sort of like that energy is, those are instructions. Those are telling cells what to do, how to act, how to function. Cuz they're overwhelmed. They don't know what to do anymore. The physical pieces are like workers there to help them as well. They'll help get rid of some of this stuff while they're building up on their instructions to do it themselves, to flush out toxins, intercellularly, push 'em in, move them out through urine, through everything else. So without

Dr. Mark ([09:36](#)):

These Yeah, that, that's right.

Caspar ([09:37](#)):

You're, you're a little bit at a loss. These cells have become overwhelmed. They become too toxic, they're sluggish, they're slow, they're not replicating properly, the whole organ then right. Cell moving up from that energy into the cell, into the organ don't function properly. Toxins accumulate, gets stuck usually in connective tissue elsewhere. And then you have a host of symptoms. And that leads me into this next question is, should everyone be, not just detoxing, but drainage draining as well with drainage remedies?

Dr. Mark ([10:09](#)):

Yes. I wanted to make a quick point to something you said earlier. Sure. Just, just thought of something about I just read a paper recently about the mechanism of potentially what's happening. So with a diseased organ I was reading the potentially that the, that the spin of the electrons goes off. Mm-Hmm. And there's a, there's a spin misalignment of, of a diseased organ. And these remedies have the information for the perfect spin for the correct way to, to transfer that information. So when you, when you take those remedies, it's kind of giving that instruction to that organ, this is the right way to function, this is the right way. You need to be spinning, this is the right way. You need to be performing this, this your function as an organ. And that's how they're working on that energetic level, which I thought was really interesting.

Dr. Mark ([10:49](#)):

Mm. But to, to the, to the question, yes, I think everyone needs to be on drainage. Again, it's really this foundational, foundational piece when, you know, we're seeing patients who were coming into the clinic, really everyone was going on these, these protocols became an issue of, okay how much do we give and, and what specific remedy do we give? You know, in what amounts and, and how often, how, you know, that became the piece that we were kind of working with, with bio residents to kind of figure out. But the, the foundational piece was always this, we need to be detoxifying them. We need to be draining them. We need to be opening up their organs of elimination so that the, their, this, this really aggressive root cause of a dysfunction, which is high toxic load comes down, their immune system gets a back online, everything starts functioning more properly.

Dr. Mark ([11:37](#)):

And you see a realignment of their health. You see a re healing, a curing that happens a, a just really profound effect on their health. So I would say yes, <laugh>, I would say that everyone needs to be on drainage in some way. And I remember when we were, when we were Son Sa Luna's working with their dad, he's like, you know, if we could just get 80% of the population to get on these remedies, they would just have re just this, we would completely, you know, change everyone's health. Everything would turn around. Yep. And so you know, they're working on this really profound way to to, to reestablish self-regulation, self-healing through this action of, of, of detoxifying, of draining, of toxicity in the body.

Caspar ([12:20](#)):

Yeah. I, I remember having those discussions and just being like, Hey, you could do so much good with just this, with just understanding, you know, organs of elimination, detox and drainage. Get 'em going, get them to do what they do, and then see the environment, the inter mill, you improve and see everything else thrive in it. Right? Yeah. Again, you have a forest that is sick, change the environment, the soil, everything else, and allow it to thrive. Don't come in, start spraying chemicals and cutting all the bad trees down, like till there's nothing. And, and then going in with GMO stuff and everything. No. Provide the right environment. And part of that is how do you get rid of the things that are not allowing that to happen? So now I want to go into, cause I saw your post on this, but I want people to know what are your favorite drainage remedies and how do we get them? Because some we don't and everything. So take take that question.

Dr. Mark ([13:18](#)):

So, yeah. So you know, obviously, you know, we believe, and I believe that, that the, the Rolls Royce, the, the, you know, the top of the line, top shelf remedy is gonna be the lunar remedies. They are of

unfortunately no longer available in the United States and Canada. But I was able to find some pharmacies, some German online pharmacies that will ship directly to an individual. Yeah. The issue is there, it takes a long time. It still has to go through customs and they're expensive. So that's, that's, you know, if someone wants to do that in, in my detox Exchange Academy, I encourage people to, to go for that go for that option if they, if they can. The, the second option is for practitioners in the, in the, in the United States, they can have access through practitioner accounts to these really great products that are only sold through Practi practitioners.

Dr. Mark ([14:07](#)):

For example, a company called Neman, which we, we use a lot in the clinic through Biomed is a, is a distributor. And so you can get them that way. They're not really available in any other way other than through those types of closed system approaches. And that sometimes not even available on Fullscript. Nein is not available in Fullscript, the United States only in, in, in Fullscript in Canada. So there's some issues with, with that. But I would say Neman, he was a really great option. He you know, we were selling, it was on Fullscript, it was being sold, and now they are no longer selling the US again.

Caspar ([14:40](#)):

They're, they're like in and out. You just gotta wait six months, they'll be back, then they'll be out for six months. And yeah. So much of that is the regulatory, it has nothing to do with, you know, anything else besides, as we know f FDA regulations, customs. Yeah. They, they don't like these things cuz they don't understand in it and actually goes against big pharma in many ways. So that, that's the problem. But Yeahs is, is a great one. I have those at home right now.

Dr. Mark ([15:03](#)):

Yeah, he's great. You know, obviously Pecan has been around for a long time. Again, only through practitioners. GK is a really great Italian company. They are a little bit more readily available. Mm-Hmm. <affirmative>. They are actually pretty, pretty big in Italy. They're, they're a manufacturer outta Milan. They actually have a lot of really great research and a lot of their products affecting the immune system and helping support the, the body. So they have drainers, they have drainers for the liver, the, the kidneys, lymphatics, and the gut, the four main remedies. And so, you know, then there's always Unda. So Unda, UNDA is kind of like what everybody knows. Everyone who's any, had any ever heard of drainage has, has utilized or heard of Unda, especially in the United States. They kind of they have monopolized the drainage space in the US and Uno's are very easily available through, through Fullscript, through, you know, doctors supplement store, even on Amazon.

Dr. Mark ([15:52](#)):

They just sell, sell 'em on Amazon. The way I think they get around it is they don't really market at all. They just say, this is number one, we're selling, just buy number one, buy number 20, buy number two. And you're like, what, what, what does 20 do? What does one do? And what they do on the backend is then educate all these practitioners who are telling their patients, get number one, get number 20, get number 2 43. And the, the, the, you know, the population's like, okay, great, I'll go buy these. I don't really don't understand what they do or what they do, but my practitioner who's been trained and Unda understands it, and so they're telling me to get it and I will get it. So you know, I created a co a course, an intro to drainage course was primarily more geared towards practitioners to teach them the UDAs more than just unda and to, you know, really show them what drainage is, how to utilize it, the funding philosophy behind it, European biological medicine so have that course as well for more, more geared

towards practitioners. But yeah, that's, that's kind of how you can try to get in the us It's not easy. There's there's difficulty with getting them. You can't get 'em at Whole Foods. You know, they're not just available, you know, at your local market. So you really have to be educated. You really have to understand what it is. And that's kind of what what's been my mission now since I left practice, is really, is really promoting this and making people understand it.

Caspar ([17:06](#)):

The cool thing about these remedies are that they're pieces of art. You know, that there, there's such craft and skill as you know, we've, we've both been to Germany before, seeing how these are made, met with, you know, the people suing and others there and seeing the, the amount of kind of, you know, effort that goes into it to create such a high quality preserve and enhance synergize, all of this and the end result really, you know, shows. And it really does help. Now, if, if you have someone that's quite ill, let's say, is there any precautions you could go with, because a lot of people, they know you chelate someone with a bunch of heavy metals and you don't do it, right, you're gonna cause issues. Yeah. You might actually exacerbate the problem. What about with these remedies?

Dr. Mark ([17:53](#)):

Well, what makes these remedies so great and so unique is that they're, they're liquid drop dose remedies, meaning you can go very, very low on dosage or very, very high on dosage. You can really run the whole gamut of dosage ranges because they're in these drop dose type of administration with like a ke later or something like that. You're using milligram doses, you're, you're kind of guessing on the dose as well. And Kelis are a whole nother thing we we would talk about. But with drainage, it's, they're gentle in that way. They're able to and because of the, the energetic nature, they're also very gentle. And so you can really adjust the dosage. What I tells, you know, people who, who I'm not, you know, directly working with in, in one-on-one, is if they're worried about a detox reaction, which can happen once you start draining the organs of elimination, the body gets excited and starts pumping to toxins for circulation, for elimination outta the body.

Dr. Mark ([18:43](#)):

When that happens, you can go through this temporary inflammatory phase, and when that happens, you get these, you know, potentially flu-like symptoms, a little bit achy, a little bit. You can develop rashes. You can kind of go through this temporary inflammatory detox phase. Sometimes it's called her's reactions. And you, you can have this kind of discomfort. So what you can, if you're worried about that, or you can do is then, let's say you just start at 15 drops of the remedy. You can just drop down to 10, drop down to five, and just sit there. Or what we used to do in school with pecan remedies is we would do every, we would start everybody like this. We would just start them on one drop twice a day. The next day they would do two drops twice a day.

Dr. Mark ([19:23](#)):

Third day they would do three drops, and they would keep increasing by one drop each day until they got to starting to feel uncomfortable, until they started feeling like, oh, I feel like a little nauseous. I feel a little bit of headache. I feel a little bit getting a little bit of a low grade fever. Then we say, okay, now drop back down to the drop you were at right before you started feeling symptoms. And stay there. Stay there for as long as possible and then we'll, we'll reassess down the line. That's a really great way for patients, for patients who are sensitive for patients. Some patients have difficulty with detox. They have

genetic predispositions that make them more difficult to eliminate. They have, they they're just a little bit more sensitive. And so they kind of re require this this kind of nuanced approach.

Dr. Mark ([20:05](#)):

That, you know, that's pretty really easy to kind of administer a lot of times with, with chronic disease, you know, as we've seen in clinic, is they need to be on these remedies for a long time. It's not just, you know, they're gonna be on for 30 days, they're gonna be better. Sometimes they're on for six months or longer because the toxic load has been so high for so long and that there's so much degeneration that's happened within the cells, within the organs. We need to decrease that toxic load and we're not gonna do it overnight. And so it takes a little bit of a while before you kind of get there. For a healthy person who's, who's generally doing well, this is actually the perfect time to do drainage because you're lowering the toxic load before you're getting symptoms, before you have that manifestation of chronic disease, which is gonna happen later in life.

Dr. Mark ([20:43](#)):

So by lowering the toxic burden now while you're healthy, this is the perfect time to do, do it. It's hard to convince people to do something preventative in this way, I find. But it really is, if you are proactive by your health, the best thing you could do for your health. And as Dr. Shade was saying, you know, detoxification, all these protocols are, we're having more and more research showing how it's improving longevity. It's increasing lifespan, it's increasing healthspan more than anything else, more than these fancy, fancy molecules and peptides and hormones. Really detoxifying the person is really gonna help them live longer, healthier, happier. And so when you're doing this in kind of preventative way, you can do, think of it, you know, maybe twice a year you're doing you know, a a 30 to 60 day kind of cycle once or twice a year to really kind of get the toxic load down as you kind of age and move through life. So these different kind of strategies depending on where you're at.

Caspar ([21:31](#)):

Yeah. It's interesting how the Germans and Swiss look for those detox side effects is a good sign, right? Because that means, Hey, we're pushing, we're getting it out. They're moving, deal with the headache, it'll go away, right? Yes. Keep pushing In the US people don't like symptoms. They're like, take it easy. Yes. Go back a little bit, right? Yeah. It's, it's just a difference of, of going about it. And I think cultures,

Dr. Mark ([21:53](#)):

Yeah, it's, it's, we, you know, we, we tend to <laugh> be a little bit maybe you could say softer. We don't like fevers, we don't like headaches in it. We don't like discomfort. We like take something to stop that. Whereas in, in Europe the doctor says, deal with your headache. You're like, okay, I'll do it. I'll, whatever he says, I'll just guess <laugh>, I'll deal with the headache until it goes over. You know, these, these detox symptoms are not dangerous in any way. A lot of times patients get scared. They're like, oh my God, my line is back. I'm, I'm, I'm getting worse. But n no, it's, it's, it's a, it's a phase you have to go through. Inflammation is is a phase on the way to help because you've suppressed for so long. Now, we unfortunately need to go through a little bit of inflammation in order to get, to get stuff out of the body. So yeah,

Caspar ([22:36](#)):

It's, it's really like spring cleaning, which we call, like you usually do. It's spring and fall, even if you're healthy. I, that's when I usually do these. And I know my father advised that you advise it as well and

goes back to traditional Chinese medicine and the changing of the season and everything. But you know, in spring cleaning, you're, you're, you're making a mess that's worse than what you started with. A lot of times. Like, I was doing that recently in my place. I'm like, this place looks awful now. Like, I'm just giving up. Right? And there's this everywhere and it's just garbage, right? But that's what you're doing. You're taking the junk out of the drawers out of that, and you're kind of making a little bit of a ca to get it cleaner. And so yeah, you go through this change and you're gonna have a little bit of a headache doing this.

Caspar ([23:15](#)):

You're gonna sweat while you're dragging all this stuff out and everything, but afterwards you have a much cleaner, much more efficient place to work with. Yep. And yeah, totally. That's it. As far as the organs go, like we, we usually talk about this in, in those groups of your organs of, of elimination three or four, you could say your liver, kidneys, lymphatic system, your GI system. Is there ever a, a, an instance that you want to really focus on one or the other? Let's say if you're not even working with a doctor who could say, only take these, would, would you ever advise someone to be well, don't go in or, or not use all of them at once?

Dr. Mark ([23:55](#)):

Generally I would say no because they all work together. Yeah. It's, you know, the body isn't, is, doesn't work separately. The works together. So what you have is you have the lymphatic system, which touches every single cell of the body, every single cell that is us in the body, the lymphatic system, lymphatic fluid will touch that cell. And as the cell detoxifies and excretes, the lymphatic system is kinda like a vacuum system for the body. It suctions up all the toxicity and puts it through lymphatic circulation, which then gets dumped into main blood circulation and then gets dumped into liver for processing the liver processes into either water soluble or fat soluble garbage to, to be excreted. The water soluble garbage goes into the kidneys, the fat soluble goes into bile, gets excreted out through the gut. The gut can also accept lymphatic fluid itself and excrete directly into the lumen of the gut.

Dr. Mark ([24:43](#)):

So they all, they're all working together. So I, you know, I I say that you shouldn't you shouldn't focus on, on one by itself because they're all working together in this way. Let's say you also ha let's say you have an issue with some other organ you know, because drainage can work and, and drain these other organs of the body. Cause we have more than just four organs. You know, you can layer that on top individually, on top of a base of, of drainage duct. So you're, you have got lung issues, a lung congestion or skin, which are secondary organs of detox, the lung and the skin. And let's say you have manifestations like, you know, rashes or eczema or psoriasis or some kind of skin manifestation that you wanna work on. One, we work on drainage first set those, set the, the, the four primary organs up for, for success for healing first.

Dr. Mark ([25:29](#)):

Then you can layer on individual organs on top of that, the brain, the heart, the lungs, the skin. But drainage always is always done in this, in this kind of combined way. Obviously, you know, the, within when you're working individual cases, there may be, you know, we are doing bio residents or any kind of individual testing. You may, you may find some nuance there. But generally as a general rule, I would say you always want to consider them as a team because they do work in this kind of team like fashion to get toxicity out of the body. They're not never, the liver is never working by itself. It needs input from

these other organs. The kidneys are never working by themselves. So that's kind of, that's kind of that, yeah.

Caspar ([26:09](#)):

Yeah. Using it in a multi-systemic way makes sense. Cause that's how of course the body works in that holistic way. I want to go back to something you said, you know, earlier, and I remember you telling me this at a colleague's wedding. We were sitting next to each other and I was, was saying, you know, what's, what's the one thing you've been at our practice for a little bit and seeing it, and you've been at other practices all over the country really, and worked there and worked with so many different doctors. And I said, what's that one thing that's a little bit different here? Because I know our practice is much different than most out there, even in the integrative world. And, and you could have gone with one of many answers, but you brought it back to that missing piece of the puzzle, this idea of like truly understanding drainage, utilizing it properly. Everything. My question, I, I didn't go into it then as we were celebrating everything, but why is it, do you think that even in holistic health in all these others, drainage isn't utilized fully yet?

Dr. Mark ([27:04](#)):

You know, I, I, I actually think about this a lot myself and kind of seeing how, seeing how your dad at, at the clinic, it's really been this kind of foundational core piece that he's just always been kind of drilling in. And it never, it never hit me. You know, even I, I, I've been guilty of it too, you know, I've always been guilty of trying the next hottest flashiest thing to, to help with this symptom or that manage that symptom. And your dad was always like, no, no, that's wrong. We need to be working on the foundations of health. We need to, we're not trying to manage patients symptoms for the rest of their life. We're trying to heal patients, and how do we heal them? We remove the obstacles cure. What is the major obstacle to cure in our current society is high toxic load.

Dr. Mark ([27:47](#)):

It's the increasing toxic load that's happening every year. We're getting exposed to more and more chemicals. And not only that, but biotoxin exposure as well. So we have biotoxins from mold, biotoxins from Lyme. A lot of the issues with Lyme or chronic Lyme patients isn't actually the Lyme bacteria. They've, they've gone through multiple rounds of, of antibiotics. There's no physical traces of bacteria left in their body, but they have this com accumulation of biotoxin Yep. That was stored in, stored in the extra matrix, stored in their joint, stored in their body, stored in their brain, and never actually detoxified. And so they're having these constant symptoms and they're wondering what's going on? You know, what's going on? And, and, and we come in, we detoxify them, they get better. It's a miracle. So it really is you know, I don't know why other practitioners do, I, I think it's a lack of understanding.

Dr. Mark ([28:31](#)):

I think it's a lack of exposure. You know, your dad is, you know, European, he's been to Europe. He's, he's, he's, you know, been to all these clinics where in Europe, they do this all the time. This makes total sense to them. You know, all these famous Paracelsus and, and Alpert or the, all the clinics sine clinic, they, they use this, and it's obviously, it makes sense to them, and that's how they get their results. And your dad's trained with them. He is worked with them. He is brought that over here in, and really in, in a high integrity, in integrity way, kept that that, that model where hasn't diluted that model with kind of the functional medicine kind of framework, which really, which really kind of is all about the hottest flashiest thing that we can do to, to suppress symptoms.

Dr. Mark ([29:17](#)):

You know, you know, we're working with where symptoms, patients wanna get patients better, and it works. Patients do get better. They, they're, you know, their symptomatically for the moment, they're, their symptoms are gone. They think they're fine, they think they're healed, and then a couple years later, something else pops up and a couple years later, now they have cancer. And like, what happened? I didn't know why, why didn't, why didn't, why didn't this work? Because we never really addressed these foundations. And unfortunately, even, even in the naturopathic world, you know, a naturopathic school, we're taught to, to, to treat the, the root causes, treat the root causes, treat the foundations. But the messaging around that's been a little bit lost and a little bit muddled and how to do that properly, how to do that correctly was lost kind of in, in the fray, in, in, in the complexity of, of dealing with patients with, with symptoms and, and wanting to, you know, I, I think the other thing is, you know, when you see a patient come to you and they, and they have these symptoms, you wanna be compassionate.

Dr. Mark ([30:05](#)):

You wanna say, okay, I'll give you something to stop this symptom. I wanna give you something to block that, to do this. And they're on all this stuff. Then it's like, actually, you know, we need to go back to the, to, to take a step back and really kind of treat your underlying cause and it's gonna take a long time and it's gonna, it's gonna really work on treating the foundation. It's kind of hard to do that once you're already managing those symptoms. Once you're getting into the, the, the cycle of symptom management, it's hard to stop and say, okay, now we're gonna go back and treat the root cause and get you better, and then so you never have to see me again. That's, that's a tough cell to practitioners. It's a tough cell to the public. It's a tough cell as a concept. So you know, it's, it's not surprising that, that it's not as well known as it should be. But hopefully, you know, with, with, with more and more awareness, more and more exposure people are gonna become more and more aware of this type of medicine. And I'm, I'm hopeful for, for the future.

Caspar ([31:00](#)):

Yeah. You know, that, that, that whole term, like root cause medicine, like finding the underlying cause of why you're ill and everything, I think, you know, it, it, it, it is the future of medicine as is personalized energy medicine, all of that. There's so many different paths that lead us to this. But at the same time, it's a marketing term in many ways. It is just an ability to sound good, because of course you want to get to the root cause like everyone should want that. Yeah. I think even conventional medicine will say that, yeah, we're getting at the root cause. It's like, well, it's your genes. We can't change those, but we'll address the root cause of your symptom is your root cause. You could say it's not, but that's what they'll say. And then we become, we program the patient to say, success is me feeling good.

Caspar ([31:43](#)):

So yes, if I start to feel worse, you're not doing your job. And as we just spoke, yeah, detoxification and drainage will make you feel worse, right. Killing off of anything. And then trying to push it out first will make you feel going through antimicrobials may and possibly will make you feel worse. And then you start to doubt, well, this didn't happen at my last doctor who has given me stuff that made me feel better in suppressing my symptoms. Yeah. But never addressing the root cause. And there's always like, how far are you going? You could say the root cause is low magnesium, but I could say, well, why the root cause is below that many levels oftentimes. So yeah, I, I think, you know, medicine as a whole, as

has not yet defined these things very well. And I don't know if we will, I do know that success as we've been able to see it on our side of things is someone that's truly healed.

Caspar ([32:35](#)):

You know, it's not someone that's managing it. It's my beef with the, the lime world in general is that there's too many people out there being like, you're just gonna have to live with it, but you'll live somewhat better with it. It will be sometimes very okay, and you won't even know you have it, but there's no real getting rid of it. We know that's. You know, I don't like that. That's not truly getting at the root cause either. And there, there's so much complexity to, to that whole thing of, well, are you truly addressing it? Is it ever really gone? You know, everyone's different. But I do think that's part of the problem why you're not seeing drainage here, because it doesn't address it in the way we're used to is like, all right, symptom relief, you know, root cause as far as, Hey, it's just a toxin. We need to get rid of it. Instead of saying, well, how do we get rid of it? Let's go deeper and have your body get rid of it. Not you go in and get rid of it.

Dr. Mark ([33:27](#)):

Yeah. I think the other, you know, the other issue is that this, the, the framework of European biological medicine, there's something called homo toxicology, which is the study study of how toxins are affecting disease. So we can, we can trace every, any toxin in any compartment in the body and see how as we go deeper and deeper and higher level toxicities, we can see the degeneration that happens. And this is a concept that's foundational European biological medicine. It's a concept that's foundational in these clinics in Europe that use drainage. They understand that the toxins that eventually the toxic load becomes the point. Your body's trying to store it. You know, you're getting all these exposures, your body's trying to store it. What does it do? It puts it into fat, and it puts it into the extracellular matrix. Extracellular matrix is a space that lives throughout the body.

Dr. Mark ([34:10](#)):

It's about 20% in terms of space of the body. Every cell of the body touches that space. Lymphatic system touches that space and drains that space. That space is where we store a lot of toxicity. When there's an increasing toxic load, what happens is toxins get, eventually they get driven inside of cells. The device starts, starts to hide it, but eventually they can't hide it as much. And so that eventually it goes inside of cells, inside of cells, there's, there's a few things that happen. It can get hidden and stored inside the cell, or it can drive deeper into the nucleus and start affecting genetic genetic variation within the cells. And so you get this progressive degeneration of the cell that happens with increasing toxic load, which eventually the most, the most gen generation is cancer. Cancer is when the, the DNA n of the cell, the nucleus has become has, has transformed to the point.

Dr. Mark ([34:54](#)):

It can no longer replicate properly. And you get the, the creation of cancer cells. But all along that way, in t toxicology, we see how there's a development of autoimmune disease, potentially, how there's a development of heart disease, of all these things that, that toxic load contributes to. And so in, in, in European biological medicine, it is the one of the primary, if not the most primary root causes of, of dysfunction because we, we, we, we know it with the study it this way, and we see as we start detoxifying, what happens is inflammation is a phase along the home toxicology scale. Inflammation is in the beginning phases. And so when once you get out of deep storage of, or when we've been had

toxicity for a long time, we move through that initial first the first or second phase where there's inflammation that happens, we get through that.

Dr. Mark ([35:38](#)):

Then we're on the other side where we have a healthy extra matrix healthy cells, and we have complete actual healing that happens. And so the, the study of hormone toxicology is something that really is, isn't known about or done in the United States, especially non functional medicine practitioners.

Whereas it's very, very common in the us especially for practitioner utilize Heal, which is the company Dr. Rewe who created the Home Toxicology Scale. Heal is the company we utilize our more advanced drainage in the clinic that we can't use with patients who are not, you know, getting intravenous IVs of these really intense, really powerful IV drainage remedies through, through a company like Heal that produces those remedies for the liver, for the kidney lymphatic system in this IV type of manner. So that, that the concept of home toxicology was reinvented by Dr. Rewe, who then found Heal as the company and has become this huge, huge company in Germany that provides remedies more advanced remedies for detoxification and drainage.

Caspar ([36:38](#)):

Yeah. There, there's another company that used to be pretty big in the United States at one point and just got driven out Yeah. Because of modern medicine in many ways, and government regulations. But it's a shame. So we, we discussed a good amount about, you know, all of this drainage and everything else. What else are people gonna learn if they go to your academy into, into your course? How much more is there

Dr. Mark ([37:00](#)):

<Laugh>? So I, I'm using drainage and the foundations of health. So the foundations of detox, talking about the natural ways we can just support detox, you know, through, through drinking water, through sleep, through exercise, through fiber, through parasympathetic stimulation, through breathing, through meditation, all that is a kind of foundational, I call that the nine pillars of natural detox. Then we talk about drainage and how we could utilize these more advanced remedies to, to support and stimulate even further detoxification drainage. And then from there, I want to take it and start utilizing more advanced push catch protocols utilizing gersin therapy, utilizing fasting and fasting, making diet. So there's a lot I haven't I planned for, you know, I just, I just released the, the, the membership group. There's a lot I wanna be doing with, with patients, but drainage is always the foundational piece.

Dr. Mark ([37:48](#)):

It's always the core of what I wanna be kind of explaining and, and teaching with, with patients, with, with people in a group. And then these more advanced fun, you know, fun things that I like to do, delivering gallbladder cleanses, you know, with coffee enemas. There's so much in the detox world that I'm gonna in the group help coach patients through. We're gonna go through different protocols together. We're gonna do do it as a group. So yeah, I'm excited for, for that. So each month is gonna be a new kind of topic and the fir these first two months we're doing foundations and drainage and taking it from there.

Caspar ([38:24](#)):

Very cool. And we are continue to sign up

Dr. Mark ([38:27](#)):

Yeah. With practitioners. I'm working on an advanced, so in, I have an intro to drainage course right now for practitioners, and I'm working on an advanced course teaching more about heel and using a drainage for IV and injectables. And so I'm working on that as well, also working on a book, kind of going over all these concepts. So yeah, there's a lot in the works where people can find me on my website, dr mark viki.com at all the information there. Also at Instagram, Facebook Dr. Mark Vejesky.

Caspar ([38:55](#)):

And that is D R M a R K i w A N I C k I.

Dr. Mark ([39:04](#)):

Yes, it's Polish name. It's hard to spell. I've

Caspar ([39:07](#)):

Known you for like 40 years. I better get that right, <laugh>.

Dr. Mark ([39:09](#)):

Yeah.

Caspar ([39:11](#)):

No, but that's, that's good to know. And then.com, and then you, they could use n o m e d 10 and save 10% and get in there and learn. And honestly, they like, you know, you, you said it right. There are missing pieces, I think in general in medicine, energy being one, even psycho-emotional or spiritual being a part of that. But if you're gonna look at this, really just even the biochemistry of things, you know, you got to look at toxicity and how do we go about that? And detoxification is part of that, but that missing piece is drainage, right? Detox and drainage means so much more than just detox. So I'm glad you're doing this. Glad it's putting out, when should we expect a book? How's that going?

Dr. Mark ([39:57](#)):

Yeah, I don't want to get put, put a date on that. Shouldn't <laugh> we'll see. I mean, maybe by the end of the year, hopefully have some, a draft at least. It's, it's just taking more time than I thought it was gonna be. I mean, I know everyone says, oh, books take a long time. But yeah, I just, I really want to be kind of perfect and really have really great information there. And so I'm taking my, taking my time with it. But yeah, I'm, I'm excited about that too.

Caspar ([40:26](#)):

Like, healing. Sometimes it takes time. You gotta go with the natural process of things and let it happen. Let the universe un flow through you. So I'm looking forward to that. Of course. You know, looking forward to this course, which is already out and people could go sign up for. So Dr. Mark Cofo, always good to see you, brother. Thank you. See you soon. So much for coming

Dr. Mark ([40:45](#)):

On. Thanks for having me.

Caspar ([40:47](#)):

As you've heard here today, detox and drainage are critical. Practices can be easily administered and from the comfort of your own home as well, with the proper guidance of trained professional like Dr. Mark. So go to [dr mark evensky.com](http://drmarkevensky.com), use code in omed two, and take control of your health and your future. Until next time, continue writing your own healing story.