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This book is written for qualified homeopaths. The prescriptions are based on the treatment in my practice of individual cases, and are given in detail purely for guidance, not as set protocols to be followed ‘on autopilot’ or as recommendations for self-prescribing at home. We homeopaths must always study each individual case and prescribe as appropriate. The authors of this book cannot be held responsible for any consequences of inappropriate or unsuccessful prescription.

FOREWORD

Travelling is not just leaving one place to enter another. It is also looking at things with new eyes ie from a different point of view.

In his time Hahnemann made a big change in the point of view towards health, disease and cure by initiating an entirely new method of healing. Since Hahnemann's time, though, the world has changed dramatically.

Industrial development supported by science and technology has made our lives, especially in the cities, totally different from the mostly agricultural society in Hahnemann's time. The quality of food has degenerated through the use of synthetic fertilisers and chemical pesticides, not to speak of all the environmental toxins and radiation. Regular medicine, including so-called vaccinations, often interfere with the healthy functioning of our immune system. With all these changes our lives have become more and more complicated, unnatural and out of balance.

So how to navigate as a homeopathic practitioner?

Who other than Ton Jansen can be a better tour guide into this ever-expanding landscape of human problems and diseases? He has explored new roads into the functioning of the human body by understanding the chemistry pathways in our bodily system. He further shows us the use of remedies old and new based on the solid principles of Hahnemann to help people recover from present-day illnesses.

Therefore I highly recommend this new book in which Ton's increasing knowledge of human chemistry is expounded.

*Jan Kooiman
Classical Homeopath, Oud-Beijerland, the Netherlands*

TESTIMONIALS

My journey with Homeopathic Detox Therapy, now called Human Chemistry Integrated therapy (HCIT), began as a response to a concerning diagnosis of high lead levels in my body. Despite undergoing three years of chelation treatments, my lead levels persisted. It was during this challenging period that I attended my first HDT class in London with Ton, and subsequently had my first consultation with him.

Ton's initial 8-week prescription proved to be transformative, reducing my blood lead levels by nearly 70%. The second 8-week prescription further reduced my lead levels to zero, and I continue to maintain this stability to this day. Following that, Ton guided me through the process of gradually weaning off the thyroid medications I had relied on for over 12 years due to Hashimoto's disease. Through a combination of detoxing remedies, supporting/balancing remedies, and supplements, I have been medication-free for a year and feel remarkably well.

Inspired by my personal success with HCIT, I decided to integrate this methodology into my homeopathic practice. The impact on my clients' health has been nothing short of amazing. In an age dominated by conventional medical interventions, Ton Jansen's HCIT aligns with Samuel Hahnemann's principles of cure. It not only expedites the path to a higher level of health but also provides homeopaths with a more precise approach to prescribing, offering clearer insights into the areas that need healing and identifying the root causes of imbalance leading to disease. The HCIT Timeline form has become an essential tool in my practice, serving as a foundation to assess cases. By applying the hierarchy of human chemistry, determining the miasm, and prescribing the appropriate detox and/or balance courses alongside the totality remedy, I can formulate comprehensive prescriptions.

Approaching each case with the HCIT methodology involves constructing a thorough timeline, understanding the cause (or at times, seeking the cause of the cause, as Ton would say), eliciting precise symptoms, and prescribing accordingly. Many cases reveal the need for homeopathic detoxing due to medications or exposure to substances. In other instances, a balance course is essential, and that along with an individualised remedy and sometimes a single (totality) remedy is all that is required.

My experience with HCIT (Human Chemistry Integrated Therapy) has not only transformed my personal health but has also enriched my professional practice as a homeopath. It has provided a holistic and effective approach to healing, aligning with the fundamental principles of homeopathy and offering a new level of precision in addressing the complex web of factors contributing to illness.

*Barb Wallace
Homeopath in Alberta, Canada*

A lot has changed since the founding of homeopathy by Samuel Hahnemann. Nowadays, humankind has to cope with very different health issues, an extremely high level of toxicity and lots of chemicals. Ton's method is able to solve the health issues we see in our practices today.

Ton shares his incredible amount of knowledge in his books and during webinars. For much of Ton's 40 years of practising, he was prescribing up to 15 patients a day, 4 days a week. So, imagine all this experience! Ton has been studying plants in detail since his adolescence. This has given him familiarity with a very wide range of plant remedies.

While sitting in with Ton during consultations, I was impressed to see how attentively Ton listens to his patients. He makes every patient feel at ease and you can tell that they feel they can trust him. He asks exactly the right

questions to get to the core of the problem. I was amazed to witness how his patients' health improved significantly, often quite fast. The health changes were sometimes almost unbelievable.

From the start of my own practice I have applied Ton's method. My practice has grown fast, and patients have been pleased with the results of their treatment.

I feel all homeopaths could benefit from studying Ton's methods, by reading his books and attending his webinars. This way you can learn how to get the same impressive results in your own practice.

Djente Gorter

Classical homeopath, The Hague, Netherlands

Our organism is very subtle and sophisticated. And everything falling into it with a vibration different from our own leads to an imbalance. The Human Chemistry method of Ton Jansen is an 'ocean of tools'. It can, by using remedies made from neurotransmitters, hormones and our other bodily substances, restore order in a system that is out of balance. The knowledge I have gained studying and applying the Human Chemistry method for the last 8 years has helped me to look deeper into the maladies of the human body. I am now better able to correct the cause of any dysfunction within it.

I have no words to express my respect and love to Ton for giving me the motivation to evolve as a practitioner and help my patients in the best possible way. He is endlessly kind and loving, dispensing knowledge and wisdom with zeal and seeking newer and faster ways to bring balance in the human condition in the most gentle, light and quick way, restoring our patients' vitality and so increasing their potential to be healthy and vibrant human beings.

Valentina Kalaydzhieva

Classical homeopath and osteopath in Asenovgrad, Bulgaria

I feel very honoured to write a few words about the homeopathy technique developed by Ton Jansen.

When I had the opportunity to take a first seminar with him, more than 10 years ago, it was an unforgettable experience. I knew very little English, but I felt that my soul absorbed the teachings in wonder, such was the resonance that I felt in witnessing the live cases and how Ton prescribed, explaining to us his way of thinking and his reasons for this prescription. As a homeopath, I felt I was finding hope for the autism cases that were coming to me in droves, in addition to feeling like I 'belonged' in some way to this 'new' way of understanding homeopathy. I felt like a small child learning to crawl, but being sure that I could do it, confident in the results. And that's how I was able to offer treatments with surprisingly better results, combining detox homeopathy with classical homeopathy, not only reducing disruptive behaviours, but also bringing clarity to minds, which were then able to develop.

I then had the idea of spreading this work in Brazil. We were so happy that Ton agreed to come to Brazil to teach our colleagues, and authorised us to translate and publish his book *Fighting Fire with Fire* in Portuguese: what a joy to spread this good news!

My own experience was that the first prescription Ton gave me was a huge turning point. I had received general anaesthesia during the birth of my three children and the detox brought me many improvements. I have no words to explain my gratitude, and that of my entire family and of so many others, for Ton's tireless work.

In this second book on Human Chemistry, as in each of his training courses, it becomes clearer every day how much benefit the 'simple' harmonisation of bodily substances can bring to us and our patients.

*Maria Helena Rossi,
Classical homeopath, Brazil / Italy*

I embarked on my journey studying with Ton in 2017. I had qualified as a homeopath in 2011, but not yet set up my practice. I saw that homeopaths and patients who were thriving were using Human Chemistry methods and so I felt compelled to master this approach.

I have studied with Ton consistently since 2017. To me he is today's father of homeopathy. Ton's wisdom and knowledge is continually developing and he generously shares his incredible insights. Ton's seminars have now been online for the last three years, making his teaching accessible across the globe.

Applying the principles of Human Chemistry to my patients has not only yielded remarkable results, but has also bolstered my confidence as a homeopath and deepened my love for homeopathy. This approach has enabled me to establish a thriving homeopathic fertility practice boasting an impressive 80% success rate.

Ton, heartfelt thanks for sharing your extraordinary gift of healing, empowering us to assist individuals worldwide in restoring their health through the transformative practice of Human Chemistry Homeopathy.

*Natasha Burns
Homeopath in Cornwall, United Kingdom*

Chapter 1: INTRODUCTION: HOMEOPATHY AND HUMAN CHEMISTRY INTEGRATED THERAPY

In this book I present my extended knowledge and experience in working with well-known, lesser known and new homeopathic remedies, using the method as described in my previous books 'Fighting Fire with Fire', 'Finding Your Way in the Forest of Symptoms' and 'Human Chemistry Integrated Therapy, book 1'. In the cases you will also find advice on diet and supplements. The knowledge and experience written down in this book dates mainly from cases of the last 5 years, making the homeopathic treatment using this method more connected, more balanced and so... more rapid, gentle and lasting.

These last years I have done research and have been working with the new remedies you will find in this book. I have been amazed with the results. Time and again new discoveries are set in motion because I am not satisfied with the result of a prescription. The patient reports improvement in the complaints, but often I was expecting more. I then consult with the patient and together we try to unravel where 'things started to go wrong', where there may be a blockage, or which organ system, which process in the body, needs support. For this process I work along the timeline, a biography of the patient starting at the very beginning of the patient's life, from conception. And I search for which underlying, often unconscious, emotion can be recognised in recurring buried patterns, digging for the cause of the cause. And then I consider which neurotransmitters and hormones can play a role in this. A kind of movie seems to be playing in my head as I hear the patient speak.

I actually see the networks in my mind, first in parts, but then they slide together, as it were.

So you will read more about the interaction of bodily substances, neurotransmitters and hormones, how these support each other so much,

or need each other to complete the healing process. This is of course nothing new, as it is how our body works. But the journey has been amazing and inspiring to me and I feel honoured to be able to share it with you, hoping you will be able to help your patients more effectively.

This book has an important connection with my previous books. Substances such as Acetylcholine, Dopamine, GABA, GHB, Glutamate, Glutathione, Insulin, Oxytocin, Melatonin, Serotonin, Magnesium, SAM-e, Endorphin/Exorphin, Histamine, Adrenaline, Cholesterol, Cortisol, Testosterone, DHEA, SHBG, Poly sugars, Zinc, and again and again Poly Bowel Plus surprise me with the spectrum of their effect in complicated cases. I have described these cases in a compact way to make their coherence clear.

As many of you may know, I started studying plants during my childhood. I bombarded my father, a grower, with questions such as ‘why does a plant grow like that?’, ‘what does a plant eat?’, ‘why are there weeds?’. My father told me that a plant can only grow if we feed the soil, for example if there is clean ditch water, if there are bacteria and fungi in the soil. In high school I also studied plant nomenclature, memorising the Latin names of plants. I visited botanic gardens throughout the Netherlands. When I was 16 I bought the book *Exotica*, a very expensive book, and I studied it from A to Z. I got to know the plant families, and combined what I saw in the gardens with the knowledge in this book. It was at that time that I developed a form of communication with plants, by looking very closely at their shape, separate components and environment, using the information from *Exotica*. I concentrated on a plant and stayed with it, trying to be without thoughts. It was like a meditation on a plant. Steiner writes about this, referring to Goethe. Steiner called it phenomenology: being in contact with the spirit of the substance or plant. At the point that you think: ‘this is not working’, and you want to quit, then you may find you are in profound contact with the power of the plant, with its ‘I am’.

I came to understand Linnaeus. I have no doubt that he was in contact with the ‘I am’ of plants when he created a system of naming and arranging plants, the nomenclature. And I noticed that the names he gave to plant

families and to individual plants tell us a lot about a plant. In Linnaeus' system the family themes were often incorporated. It helped me see the connection between the different plants belonging to the same family.

This process continued during my homeopathy studies and in the first years of my practice. Not only when learning plant remedies, but also mineral and animal remedies. And then it continued even more when I started working with bodily substances. I think this is at the base of the way I practise homeopathy nowadays. During the patient's story, I notice patterns that I can immediately 'see', link them to a kingdom, organ or organ system, nosode, sarcode, neurotransmitter, hormone or – more and more frequently - to a damaging substance. And I see a connection.

So plant remedies have a special place for me, as supporters of organs and processes. The well-known phyto-therapeutic effect is deepened and broadened in the homeopathic remedy made from plants.

Lifestyle errors, damaging to basic health, leading to chronic disease

In recent years I have been working more and more with remedies based on bodily substances. New remedies include Brain-Derived Neurotropic Factor (BDNF), Anandamide and many vitamins and vitamin-like remedies: Kaempferol, Vitamin C, Vitamin B3, B6, B12, Vitamin D, Vitamin E.

I have noted the continuing importance of a number of remedies from my previous books. This includes, in particular, the homeopathic remedy Cholesterol. This remedy has a profound healing impact in cases related to the unhealthy Western lifestyle:

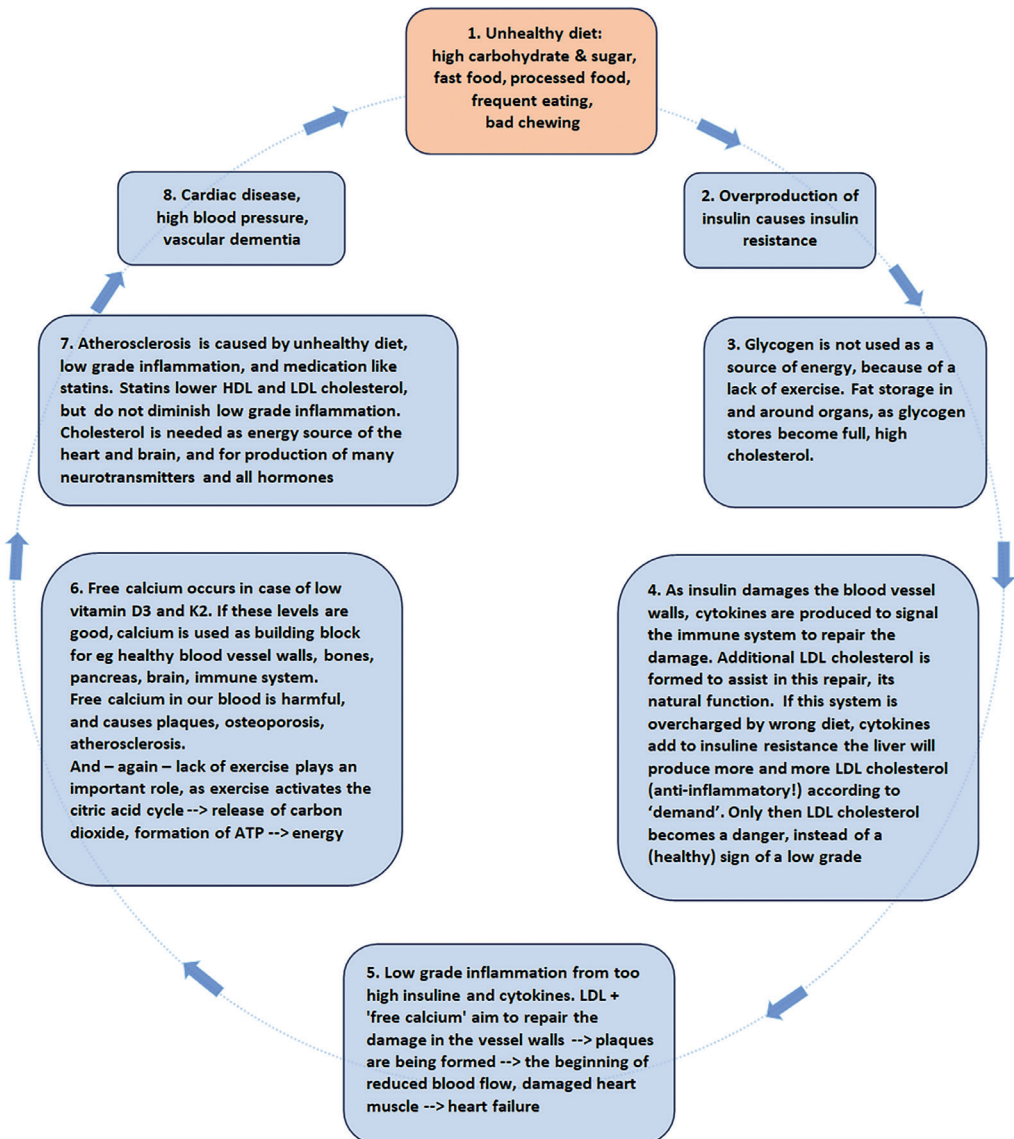
- eating throughout the day, instead of a maximum of 3 times a day with one fasting period of at least 10 hours;
- high level of consumption of carbohydrates, which exhausts the pancreas;
- the use of refined carbohydrates/sugars and sweeteners;
- eating shortly before going to sleep. It is damaging to our body to eat within 3 hours before going to sleep. Eating always activates the immune system, and if there is no physical activity the immune system

- becomes exhausted and, for example, arterial plaques, heartburn, constipation, diarrhea with undigested food residues may develop;
- not chewing properly, causing a deficiency of enzymes needed for healthy digestion. Unhealthy digestion can be seen in undigested food in the stool
- histamine overproduction - for healthy digestion histamine is produced by the gastro-intestinal tract. It helps open the tight junctions of the gastro-intestinal tract and the liver, allowing nutrients to be absorbed into the blood, and blocking harmful and toxic substances. But if this closing of the ducts happens too frequently, the function and production of histamine is thoroughly disturbed, causing allergies and toxification because of leaky connective tissue ('leaky gut'). This also happens as a reaction to preservatives, additives and flavour enhancers in fast food and processed food. The body also increases production of histamine to compensate for the lack of enzymes. The main reason for this lack of enzymes is not or too little chewing;
- In fact, the body is allergic to food that is not properly 'acidified'. The healthy stomach acidifies the food, which is thus broken down for easier digestion.

When someone eats throughout the day, too little stomach acid is produced for healthy digestion. Then food becomes an allergen for the intestines and more histamine is produced. And the vicious circle starts...

This overproduction of histamine causes low-grade inflammation in the digestive tract at first, and later on anywhere in the body. And eventually leaky gut occurs, one of the biggest factors in the development of diseases in our time. I have noticed that I always have to prescribe the homeopathic remedy Histamine to balance histamine (over)production. This, of course, is especially true if allergy plays a role in the pathology, but also in so many other cases. Think of autism cases: Histamine as a course may be very useful in ADHD cases, in autism cases and PANDAS. Histamine as a homeopathic remedy can give great support to the body, as described in Human Chemistry book 1.

Cholesterol plays an important role in repairing the damage caused by these food errors (see drawing in description Cholesterol in chapter Bodily substance remedies). 90% of it is produced in the liver; only 10% of the cholesterol level originates from our food. But a diet too rich in cholesterol can be dangerous over time. The picture paints the story:



- consumption of sprayed food and drinks, which contain pesticides and insecticides such as glyphosate and acetamiprid, a neonicotinoid sprayed on fruits and potatoes. These are serious toxins that cross the blood brain barrier. Recently the ‘innocent’ a peel has been introduced. This is said to prolong freshness of food, and it is sometimes even sprayed on organic food. Even the manufacturers admit it may penetrate the skin and affect the fruit of vegetable we eat. But in any case the photon energy decreases with storing, and our body needs photon energy;
- GMO food – unnatural food that our body cannot handle, as our system does not recognise these products. They are more difficult to digest, which makes them harmful. GMO wheat contains a higher level of gluten, causing allergy. Also, GMO products contain a ‘tracing gene’, to be able to check whether the genetic manipulation was ‘successful’. This tracer gene is antibiotic-resistant and may make the human body unable or less able to respond to antibiotics. GMO foods contain a lot of glyphosate, because it is notably used in the production of the GMO crops, and these are genetically engineered to withstand glyphosate. Glyphosate, apart from being toxic and carcinogenic, disrupts the production and absorption of glutathione, an important antioxidant. It also disrupts the absorption of phosphorus;
- medication – where can I start to describe the damage caused by medication? Suffice it with the advice: read the leaflet, look for additional information on critical sites, read alternative medical journals. And, as far as possible avoid orthodox medication(s)! Choose healthy food and alternative medicine, change your lifestyle. Some form of fasting is very good for your health; In particular, cholesterol-lowering medication (statins) and antacids, so-called ‘harmless’ medicines, seriously reduce the quality of life and damage organs and organ systems. But I’ve already vented about this before, so I won’t repeat myself any further;
- vaccination: unfortunately, since the introduction of childhood vaccination, damage caused by vaccines begins at the start of life. And nowadays vaccinations are even carried out during pregnancy. This

is a serious error in medical thinking, as the innate immune system is seriously disrupted and damaged. Apart from so-called weakened (attenuated) germs, vaccines contain preservatives and additives (formaldehyde, nanoparticles such as aluminium and graphene). For a period of 21-29 days the vaccines will block the function and production of dendritic cells, the signal posts of our immune system. This is the reason children are more likely to contract diseases in this period. Vaccines may often cause serious neurotoxic damage, which can lead to autism, organ failure, dementia, and many more conditions on the increase these days. I see it as man's greatest enemy, and am confronted with these problems in my practice all the time;

- And last but not least: the lack of exercise, physical exertion, preferably in the open air.

I admit this is a somewhat disturbing list, but time and again I see that the appropriate homeopathic courses provide a good response, restore organs, reduce damage and reactivate the 'dynamis', our life force. Let it be clear that my treatment is not a matter of 'just some remedy courses and supplements'. It's about choosing health, including a healthy lifestyle. This is the reason why I have explained everything again in this introduction, as practitioners need to be familiar with this in order to be able to explain it in simple language to their patients.

The goal in Human Chemistry Integrated Therapy and Homeopathic Detox Therapy is to understand the biochemistry behind the pathology and the mental disturbances that may result. This also works in reverse, as mental and emotional traumas may affect biochemistry. We must understand both of these directions, and how they translate into symptoms.

For people new to my method and unfamiliar with my way of consulting patients I will repeat briefly how I work and in what way I prescribe homeopathic remedies and courses. For a more extensive description I refer you to my previous books.

To be able to work with this method, we aim to address

- the microbiome, as this constitutes 90% by volume of the physical body, and see how important it is for the totality of all levels of our being
- the function and influence of hormones, neurotransmitters, digestion, the bloodstream and lymphatic system
- the bodily processes and of course how they all work together
- the vitamins and minerals and their significance in our system.

With this knowledge we can add orthomolecular supplements to the homeopathic treatment. In case you, as a homeopath, do not have this knowledge and ample experience, I suggest you work together with an orthomolecular therapist.

Good health requires a really good healthy diet, which will avoid the need for long-term supplementation. Except for vitamin C, vitamin D with K2, magnesium and omega-3 for our brain development (as the body does not store these), there is no need to take long-term supplementation. I see balancing these nutrients as an integral part of health.

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