

The background of the entire page is a composite image. At the top, there is a blue and white globe of the Earth. Below the globe, the background transitions into a soft-focus image of several white, spherical pills or capsules. The pills are scattered across the lower half of the page, with some in sharp focus and others blurred. The overall color palette is light and airy, with blues, whites, and soft greys.

**Ton Jansen**

# **Homeopathic Detox Therapy**

**The new revolution  
in homeopathy**

**Ton Jansen discovered the Homeopathic Detox Therapy (HDT). He is a pioneer in the exploration and use of potentised human body substances (like hormones and mediators), and a specialist in applying anthroposophic knowledge into homeopathy.**

**August 2014**

***Mr. Jansen, tell us something about your life and how you came to homeopathy?***

My wife Elly and I married in 1980. We have 5 children and 6 grandchildren. Before I came in contact with homeopathy I completed the High School of Agriculture, so I know a lot about plants and herbs. Then I became manager of 28 employees in a flower- and garden centre. When my father died I took over all his greenhouses, as I had to take care of my family.

When our second daughter was a baby, she received the MMR vaccination. Within days she got a very bad bilateral ear infection. Doctors gave her several antibiotics, but after 3 days she got encephalitis (brain infection) with very high fever. She was hospitalised and after another 3 days she fell into a coma. The doctors told us that she could not make it because her brain was too damaged. She could not have a normal life. They even suggested to let her die.

So I took her out of the hospital and brought her to a homeopath who had treated me very well in the past. We talked with her for an hour, she asked me a lot of questions about the baby. Then she gave my daughter some homeopathic remedy and within 3 hours she woke up. After 3 days she was playing with her toys. That day I decided to become a homeopath.

I completed the School of anthroposophic medicine in Den Hout, The Netherlands, where I studied both classical homeopathy and anthroposophic medicine. The normal course lasts 5 year, but after 3

years my teachers asked me to start a practice, because I knew everything I needed to know. So you could say I am fast, after all, my astrology sign is Aries.

I practice homeopathy since 1988 and my practice is situated in our home estate in Den Hoorn in the Netherlands, near Delft. I chose to live and work there because I need space for concentration and relaxation. There are 3 big cities nearby: Rotterdam, Delft and Den Haag. We live in a beautiful place, we have 3 greenhouses with everything we need, we grow our own organic food and we have birds, chickens, a vineyard, even fig trees. And the children can play in the beautiful yard with a swimming pool, a trampoline, a lake with water lilies, etc.

The international School for Homeopathic Detox Therapy is in the same yard in a special separate building, so I don't need to travel, which saves me time and energy. My wife Elly is an anthroposophic physiotherapist and we work together. She is not only the love of my life but my inspiration as well, my guardian angel and the person to whom I owe all my success.

### ***And how did you start the Homeopathic Detox Therapy (HDT)?***

It was March 1993, I remember it well. After a busy day in the morning in the homeopathic practice and in the afternoon in my greenhouses with roses, I only had evenings left for studying and thinking. Suddenly the thought came to me: I was not treating the cause that was making the patient sick. That

was why I could not cure the disease. And when Hahnemann started homeopathy he was working according to this principle, for example, with Sepia, Arsenicum, Mercurius and Aurum.

Of course, I always asked the patients when their complaints started. Neither the patient nor I related the answer to this question to medications, vaccines or other toxic substances, although both the patient and I did see that the symptoms appeared after this. I was too busy repertorising symptoms and treat them the way I was taught. I was not asking myself whether each vaccine or each allopathic medicine might be and should be used as a homeopathic remedy.

That night in March 1993 I decided to potentize the vaccine DTP. I first started experimenting on myself. I started with 30K and observed the effect. Then I repeated it. The next step was to obtain the whole range of commonly used potencies (30K, 200K, MK and 10MK). Again, I tried them on myself, first once a week in increasing potency and then I continued taking each potency twice a week. I noticed that this worked well. I felt better.

The potentised DTP vaccine brought a big change in me. My pains subsided and I experienced greater freedom. This is reflected amongst others in the fact that I started to give public lectures, something I did not dare to do before, as I used to be very shy. Now I know that the reason for my pathological shyness was the vaccination.

Later on I asked my pharmacist to prepare homeopathic remedies from other vaccines, such as MMR

and from the allopathic medicines cortisone and prednisone in potencies 30K, 200K, MK and 10MK. Thus I was able to even better address the disease causes of some of the patients.

In 2001 I met Tinus Smits who was experimenting with a similar method, which he later called CEASE therapy. While he was working mainly with autistic children after vaccination, I was applying HDT in most of my cases. I discovered that this method could cure patients with all sorts of complaints. In a sense this means, that there are no incurable diseases, if the homeopath knows what to do.

***Why do you think that HDT is such an important method in curing diseases?***

It is effective, it works quickly and it improves the vitality of the patient. It works well for people with psychiatric symptoms such as depression and melancholy. It is not harmful for the body, it relieves all complaints and it is very cost effective. HDT has no adverse reactions on the body, provided that the organs are well supported. Here homeopathy again shows its power to put the self-healing ability of the body optimally into action.

In the Western world almost everyone suffers from low-grade or latent infections. This usually is not obvious to them, but still gives them the feeling that they are not entirely well, like a sick feeling in the abdomen, stiff joints, headaches that come and go, athlete's foot, bad taste in the mouth and fatigue. These complaints are usually tolerated and ignored.

So almost no one knows what it feels like to be really healthy, because already during pregnancy and birth, our defence mechanisms, the immune system included, often are overloaded with harmful substances. And the first vaccination puts blueprints of pathology and diseases in our immune system, connected not only with the respective microbes, but with the chemical substances in the vaccines as well.

Vaccinations weaken the immune system, though western medicine says that they make it stronger. The only thing that happens after vaccination is the production of antibodies against specific diseases. These antibodies only work for five years, they mislead our immune system and make us more susceptible to other diseases.

Actually allopathic medicine says our immune system is not functioning properly, so there is a need for medical intervention in order "to help it".

I completely disagree with this way of thinking and treating children with allopathic medicines and vaccines.

It's also important to know that vaccinations contain a large number of chemicals that cause permanent damage. Chemicals such as formaldehyde, aluminium compounds, mercury (Hg), antibiotics and other substances to which no attention is drawn. Nearly all allopathic medicines such as contraceptives, antibiotics, NSAID, sleeping pills, antihypertensives, painkillers, etc. are bad for your health and have many side effects. Please note that these are

all medicines many people frequently use without realising the severe consequences upon their health.

Many other chemicals, such as amalgam, plasticizers from soft plastics, synthetic hormones and additives in food, but also polluted drinking water, undermine the human health (by disrupting organs and organ systems) and cause sickness. Think of additives in food, sweeteners such as aspartame, food colours, flavour enhancers and substances such as benzoic acid (E210), monopotassium glutamate (E621) and potassium glutamate (E622).

The disruption of the organs also falls under the similia and must be addressed with appropriate homeopathic remedies. If someone for example has depression or burnout, part of the cause is that the serotonin and cortisol metabolism is disturbed and needs to be balanced. For this purpose we could give homeopathic doses of serotonin or cortisol.

It is part of the homeopath's job to also recognize this and to take into consideration during the treatment. So I give nutrition advices (Healthy Breakfast advice, Healthy Weight advice and advice which food contains essential nutrients), I supplement the treatment with herbal and orthomolecular products and homeopathic dilutions of endogenous substances that support the affected organs and organ systems.

Also we must not forget, that no one can be cured if the miasmas such as syphilis, sycosis, and psora are not treated too, as much as possible. For example, if you operate on a cancer tumour, but don't address the miasmatic predisposition, the cancer will come back. So even if you successfully treat the pa-

tient with HDT, but don't treat the miasmas well, for sure he will come back with new problems.

Of course, all treatments must be temporary; the patient should eventually recover and be able to go on with his life without further treatment. Because we should always remember, that **our highest goal is to make sick people healthy; this is called healing.**

The efficiency of the HDT method is well demonstrated by blood and urine tests, as research has shown (Boiron, Cier & Mouriquand - Arsenic Poisoning in Pigeons - and Boiron, Cier & Vingert - Arsenic intoxication in rats).

***Is HDT a complementary method or is it a completely different form of homeopathy?***

**I see HDT as a missing link, because it focuses on addressing the harmful external factors.** It is a forgotten link Hahnemann already was talking about: the lifting of blockages. If someone continues to live in a damp house or if someone continues to work with substances such as mercury or arsenic, you can't cure him 100%. The living conditions must change before anyone can become curable. If they do not change their living conditions, their healing will be impossible and the amelioration will be of short duration.

The famous master of classical homeopathy George Vithoulkas addresses this too, when he talks about "the husband syndrome" for example - if the husband is not supportive to his wife, she can never



cure as long as they are together, and eventually either they will divorce or she will start to suppress her condition with allopathic drugs.

If someone has been poisoned and thus his defence mechanism is blocked, this should be addressed first. The HDT method can lift the blockage so that the organs can start functioning normal again. After HDT treatment, most blockages disappear and the homeopathic picture becomes clear at last – thus the patient can cure completely.

**If the homeopath is really good in his or her homeopathic method, by including the HDT in addition, the healing will go faster and will be indeed quick, gently and forever.**

I am sure that every homeopath gets the patients that fit him. You have to take a critical look at the results in your practice and if they are unsatisfactory you should ask yourself why you couldn't cure all your patients. In general, the percentage of patients who experienced a quick, gentle and durable cure with homeopathy is low. That is also the reason why so few people visit a homeopath. That is why I see a danger to homeopathy; we are not as self-critical as needed.

It cannot be that a patient continues to take the same homeopathic remedies for years, without getting completely well (so called constitutional treatment). This is not a cure and possibly this could even be suppression. Healing follows a certain pattern. Just look at the Laws of Hering (from the inside out, from top to bottom, etc.) and the Theory of

Suppression of Vijayakar (based on the development of the embryonic layers).

**If we are not willing to draw from the entire ocean of homeopathic knowledge and remain confined to one or two schools only, homeopathy will disappear and this would be a crime against humanity.**

That is why I think the different contemporary schools in homeopathy should cooperate and not compete or ignore each other. Homeopathy should be raised to a higher level.

***What are the biggest problems caused by allopathic medication and suppressive treatments?***

The largest group of troublemakers are the medications and interventions that take place around the time of conception, pregnancy and in the first three years of human life. This is because during that period the brain, the organs and the systems of the body are developing and medications and interventions, as well as substances like tobacco, alcohol or recreation drugs, cause the most damage.

A crucial moment is childbirth, which often is forced with a lot of medication. Delivery should be neither too early, nor too late; but I think the counting is wrong. The last 20 years doctors started to count the 40 weeks of pregnancy from the first day of the last menses, while the counting should start 14 days later, from the moment of ovulation.

The pain is not accepted as a normal part of the labour process anymore. Nowadays women get a lot of painkillers during delivery. The epidural anaesthesia could be very dangerous for the new-born child and even lead to serious neurological problems.

More and more I see things happening during pregnancy or at birth that damage the health of the child. And, of course, right after them the vaccines and the antibiotics appear.

***How many of your patients are ill because of allopathic medications or interventions?***

85% (and perhaps as much as 100%) of the patients who come into my practice have medicine-related illness. **The allopathic medication not only suppresses symptoms, but also creates new problems, which confuse the picture of the original disease.** On top of this, allopathic drugs cause illnesses in other organs, as well as the endocrine system, nervous system, digestive system, immune system, etc.

***What are the social repercussions of the massive use of allopathic drugs?***

More and more we see chronic symptoms in younger and younger people and the medicine school cannot or does not want to find explanations for this. Take for example lupus erythematosus, multiple sclerosis, myeloencephalitis, in vitro fertilisation and all kinds of cancers. Pancreatic cancer is now the leading cause of death for people over 70,

while 20 years ago it barely existed. And look at the large number of brain tumours and the shocking rise of breast cancer. The latter is mainly caused by the disruption of the endocrine system.

Women suffer from various hormone-related symptoms: migraine, backache, asexuality, vaginal discharge, dryness during sex, ovarian and uterine cancer, etc. The perpetrators are contraceptives, hormonal injections, Mirene coil, etc. The use of hormonal medication can lead to thyroid problems and depression. And amongst others this leads to use of RRSIs, which often (after slight temporary improvement) worsen the depression. Women are often suicidal, feel trapped and cannot have a normal relationship. Some feel that they are beyond this world. It is becoming increasingly difficult for them to maintain a social life. Then they get stomach pains or other symptoms and have to take additional allopathic medication and the side effects accumulate more and more.

The advent of the contraceptive pill was accompanied by a huge increase in thyroid problems in women. Today the ratio women to men with thyroid problems is like 95% to 5%, while before it used to be around 50% to 50%. So we can clearly see that men (because in general they don't take hormones) have such problems much less.

I also notice a huge increase in allergies, due to an overload of the liver and intestines. The heavy use of antibiotics plays a big role in this.

I also see an increase in hyperactivity. This is often related to brain damage, for example by formal-

dehydrate and aluminium components in vaccines, anaesthetics, etc.

***What are the consequences for the health condition of the population if we continue in this direction?***

I think that the quality of life will deteriorate. People will die from all kinds of new diseases and epidemics and this will occur at a younger age. I have the right to say this, because recently I have been seeing more and more patients with new diseases that are very difficult or even impossible to cure with allopathic medicine. Actually, that is why they come to me for treatment. They have seen that HDT has helped their friends and they know that it could help them as well.

***You've just described the symptoms that can be a result of use of contraception and SSRIs. Would you describe other health problems, related to allopathic medication / interventions, and the corresponding symptoms we as homeopaths have to look for?***

1. **Prednisone and other corticosteroids:** "Never well since" symptoms, always tired, because the adrenal glands are damaged by these medicines. Because the adrenal glands cannot do their job, you see much fatigue. The immune system does not work properly as well and one gets inflammations and infections easily.

2. **General anaesthetics**: often drowsiness, forgetfulness, spaced out, headaches, constipation, stomach and liver problems, fatigue. It is not recommended that older people receive general anaesthesia, because it increases the risk of dementia.

3. **Local anaesthetics**: increased muscle tonus (stiffness) that can remain for a long time or lack of tonus and weakness. In a number of cases this is permanent. For example, after dental treatments with local anaesthetics I regularly see neuropathy of the face muscles. Or epidural anaesthesia can cause severe pains and soreness in the back for a long time and also chronic headaches.

4. **Omeprazole** is prescribed and used a lot, often unnecessarily, when homeopathic cure is possible, for example with Kali-c, Aethusa and other remedies. In many cases a diaphragmatic hernia can easily be cured as well by an osteopath, chiropractor or manual therapist. Omeprazole can cause major liver damage and even liver cancer. After long use it can lead to dementia too.

5. **Statins**: the unnatural intervention in cholesterol metabolism causes huge problems and can even cripple people. Sometimes fit people can suffer from severe symptoms after a few months of statins use. **They can't walk properly and are very tired and confused.** One of my cases was of a woman with **Parkinson disease after use of statins.** It is not a fact that statins are good for health in the first place, but they prevent the body from producing coenzyme Q10 and thus the heart is soon affected. But even then medical doctors rarely think of a connec-

tion with statins or they just follow the protocol of the pharmaceutical industry. We desperately need cholesterol as it is forming and maintaining cell walls and structures and it is important for the brain and nervous system, especially as we get older. Pathologically high cholesterol is caused by many medications (such as omeprazole!) and by eating too many carbohydrates and not enough good fats. If the LDL is too high, I advise the patients not to eat dairy products.

6. **NSAIDs (brufen, naproxen, diclofenac, etc.)** cause **stomach problems, arthritis, fibromyalgia and rheumatoid arthritis** (ironically, they prescribe NSAIDs for such conditions), but also resignation. Drinking more water often helps better for stomach pains and headache. For example, read the book "You're not sick, you're thirsty!" by Dr. F. Batmanghelidj.

7. **Amalgam fillings**: especially problems of the liver (liver poison), but also of the nervous system and kidneys. The liver cannot do its job properly when there is large amount of heavy metals in the body. The mercury element gives us the feeling that 'everybody is an enemy'. That's why we live in such a hostile world with a lot of aggression – as mercury is everywhere, not only in the mouth (fillings) but in the food too. The niccolum element affects the pancreas and makes people egocentric. And the silver element destroys the gut flora and causes lack of energy.

8. **Methylphenidate (such as Ritalin and Concerta)**: it changes the receptors in the brain; it

makes people react differently, as they can't receive the signals properly. It is possible, but at the same time very difficult, to recover from this damage because brain cells are not able to regenerate quickly. In such cases we must treat the complaints these medicines are prescribed for first, before the detox.

9. **Chemotherapy**: the effect of the chemotherapy is doubtful. The director of the A. van Leeuwenhoek Hospital says that 75% of all chemotherapies is not useful, and another specialist states that **if someone survives the chemo, either he / she was quite strong or did not have cancer at all or the reason for this success was surgery**. In most cases, chemotherapy disturbs the process of healing and even can make the cancer more aggressive. But radiotherapy could be effective, if well executed and combined with homeopathic treatment during (Carb-a, Caust.) and after (Radium-br.) the course.

10. **Benzodiazepines** are prescribed for depression, anxiety and sleeping problems, but they can cause narcolepsy and are quite addictive. Eventually the muscles get weaker and lose their tonus because. Usually the homeopathic remedy Syphilinum is a better solution for sleeplessness and for fear of insanity. A patient of mine, who was suffering from heart problems for which he took beta-blockers, was taking oxazepam for more than 30 years because of his high level of stress. Several times he fell asleep while driving which was nearly fatal to him. After proper detox his narcolepsy was gone and he didn't need his heart medicines anymore. Of course, I



completed the cure with Syphilinum and Chelidonium for liver support.

### ***How should HDT be applied in practice?***

First you look at the hierarchy of the allopathic medication and at the hierarchy of the organs and organ systems. You do not start with the detox of most recently taken medicines first. The goal is to determine where the disturbance is most important and treat this first. Often if you start correctly, other complaints disappear without further treatment, as the body gets stronger and can cope with the complaints by itself.

The method is still in development. Five years ago I usually needed up to 2 years or more to cure my patients. Nowadays I mostly need only 2-7 months for complete recovery from severe symptoms. This is possible because of the new insights, knowledge and experience. I am really happy with the rapid development of the method. However, still, this is not always the case and sometimes more time is needed. There are people who need more than a year of treatment before they recover and function normally in the world.

### ***What is known about HDT internationally?***

I organize international seminars in the Netherlands and homeopaths come to me from all over the world. But I also give seminars in other countries such as United Kingdom, Serbia, Bulgaria and Aus-

tria. As of 2014, there are HDT homeopaths in about 20 countries.

### ***What are the latest developments?***

I'm getting deeper knowledge of the effects of allopathic medicines on the various organs and organ systems (endocrine system, circulatory system, immune system, etc.). In order to prescribe the correct treatment, I have to know every allopathic medicine the patient has taken and also the diseases he has suffered from. I then put this information in the timeline from the conception to the consultation.

As I said, the body system that is highest in the hierarchy must be treated first. 'Never well since' is not always the starting point for the treatment. There are often other causative factors that appear earlier in life and are hidden below the surface. These causes must be discovered and treated first. In this way I am able to offer treatment that is quick, gentle and forever, and also almost without aggravations. I use a lot of body substances that harmonize and regulate various organs during the detox course, like cortisol, tryptiline, histamine, saponins, cholesterol, insulin, etc.

### ***What potencies do you use?***

In the HDT several common potencies are used in increasing order: 30K, 200K, MK and 10MK. Nowadays I start the treatment, where possible, with the 12K potency, because my experience shows that it works more gently in the beginning of the course.

Because the 12K potency is on the borderline between material and non-material levels, it must be efficient on both levels.

Organ support mostly needs to be done with lower potencies, and I prefer liquid remedies as they can be slightly changed every time the patients take them by succession.

Nosodes and endogenous substances are given in various potencies according to the individual needs.

***How homeopaths can get more information about HDT? Are there any courses and books you could recommend?***

I realise that after this interview there will be many questions. It is not possible to explain everything just in one interview, especially when it comes to such a deep and complex subject as HDT. Besides, as I said, the method is developing rapidly and I get new experience and new insights every day from my practice and supervisions.

That is why I decided (with the help of Dr. Peter Naydenov, a leading Bulgarian homeopath and one of my first students) to start a Facebook page where we intend to publish much more information. In this way we can create a community and be in touch with colleagues from all over the world. I would like to ask everybody to write their questions on our timeline so that I can answer them either directly or in the book I am writing at the moment.

The seminars in which people can get a diploma in HDT are mostly in Den Hoorn, near Delft, in the

Netherlands at the moment, but I am open to invitations from other countries, provided that enough people come to the courses.

Most probably my next HDT course will take place in Sofia, Bulgaria. I was in Bulgaria for a holiday and there was a lot of interest in my method there. We gave two lectures and about 100 people attended them. Many patients asked me for treatment.

There are so many people in Bulgaria, especially children, who need HDT, and I hope to be able to teach my colleagues how to cure them with this method. Of course, people from other countries can attend the Sofia HDT courses too. There are inexpensive flights to Sofia and the accommodation there is very affordable. I speak English with consecutive translation into Bulgarian.

I am considering doing webinars, supervisions and consultations for homeopaths and patients online as this is a convenient form of learning. Please like our page [www.facebook.com/homeopathicdetoxtherapy](https://www.facebook.com/homeopathicdetoxtherapy) and subscribe to the free newsletter "HDT Today".

On the website of The International School of HDT [www.schoolforhomeopathicdetox.nl](http://www.schoolforhomeopathicdetox.nl) we announce all the courses and seminars we offer and people can contact us through email from there. On this website there is a list of homeopaths from various countries that have completed the full HDT course. Patients can contact them for help, and if needed, can ask them for supervision with me.

***Are there any interesting cases that you would like to share with the readers?***

Well, there are many cases I have successfully cured, including children with diabetes and autism, cancer patients, Crohn disease, glaucoma, multiple sclerosis, etc. As I mentioned, when you know what to do, there are no incurable diseases. My experience is that well indicated homeopathic remedies work well, but not long lasting. After a proper course of HDT they work perfectly. So I am very happy that I discovered this workaround path.

***Anything else?***

I would like to ask my colleagues all around the globe to share this information with other homeopaths and with allopathic doctors. Please understand that there is no need for suffering and much of it can be avoided if we think twice before we give allopathic medicines, anaesthesia, vaccines, etc. – especially to pregnant women, babies and children.

It is better to prevent than to treat the diseases after they have started. But even though many cases seem difficult, there is hope, if we as homeopaths master the HDT. My students are very happy with their results and this makes me happy too.