

INTEGRATING
WESTERN MEDICINE,
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THE CENTER FOR
**INTEGRATIVE
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ITIRES

Lymphatic Detoxification

WHAT IT IS:

- Homeopathic medicine for lymphatic detoxification

WHY YOU NEED IT:

- Supports healthy lymph which is critical for toxin removal
- Important for lymphatic cleansing and support
- Great for healthy lymph drainage
- Completes Triple Core Detox when added to apo-Hepat and Renelix
- Core supplement for Foundational Healing
- Targets patients with any of the following lymphatic symptoms
 - Fluid retention, puffiness
 - Bloating
 - Edema
 - Poor energy, fatigue
 - Congestion
 - Dizziness

These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure or prevent any disease.
Always consult your doctor before taking any of these products.

HOW IT HELPS:

ITIRES is a German homeopathic medicine that supports lymphatic detoxification. This remedy uses an ancient manufacturing process first developed by the famous Swiss physician healer, Paracelsus. This process is called “spagyricism” and involves an intricate four-part procedure which includes fermenting the herbs. Through this unique spagyric process, the inherent energy of the herb is retained in the final product. A natural by-product of fermentation is alcohol and ITIRES includes this naturally-derived alcohol in the final product.

The two most critical body fluids in your body are blood and lymph. Blood carries nutrients to every cell in the body and lymph carries the waste away from the cells. Without healthy lymph channels, toxic waste cannot be properly removed. This results in swelling and bloating. If you have swelling in your ankles, swelling under your eyes, swelling in your joints, puffiness in your body, shortness of breath, poor energy, or dizziness, then your lymph system needs attention.

Keeping your lymph system running smoothly is absolutely essential for optimal health. An effective lymph system requires your help, every day. While blood has the heart as a pump for its circulation, the lymph relies on contractions of your skeletal muscle.

So, if you don't move your body, your lymph will stagnate, and so will the toxins that should have been excreted. Exercise, massage, and herbs can help keep your lymph channels functional and clean.

ITIRES is a homeopathic spagyric remedy that specifically targets the lymph system. When used with apo-Hepat and Renelix, Itires completes the Triple Core Drainage program that helps “drain” toxins from your liver, kidney, and lymph system. European physicians routinely use these three remedies together to form the foundation of any detox regimen.

These three remedies can be used together or individually as needed for your detox program. ITIRES is a time-tested homeopathic remedy to support the lymphatic's important work of internal detoxification. If you want to retain or recover your good health, proper lymphatic support (such as ITIRES) must be part of your personal Foundational Healing regimen.

You create good health as you do a good house: on a firm and secure foundation. In building your house, you use all of the best materials that you can afford. You keep the house in good repair and it will shelter you all the days of your life. Your body is no different. This is Foundational Healing.

In the final analysis, all non-traumatic human illness and disease is the result of retained toxins. The old saying was, “you are what you ate,” and this has been supplanted by “you are what you do not excrete.” Environmental and metabolic toxins that we take in (eat, drink, breathe, and absorb) accumulate in our bodies and weaken our natural defenses.

Our toxic world and lifestyle frequently overwhelm the lymphatic's innate ability to keep us clean. When the lymph cannot get rid of all the toxins, those toxins build up in the lymph channels and in other parts of our body. Wherever the toxins reside in the body, they cause symptoms and disease. For example, when the toxins accumulate in the joints, patients will experience joint pain and over time that intermittent pain becomes the constant pain of arthritis.

While ITIRES is a homeopathic medicine, it is also a strong medicine and needs to be used properly because of its powerful energy.

Your goal is to take this product at the highest possible dose that does not cause any side effects or detox reactions such as drowsiness, headache, fatigue, diarrhea, skin rash, etc. Do not exceed the maximum recommended dose of 15 to 20 drops three times daily.

Start with two (2) drops of ITIRES twice daily. Increase the dose by two more drops twice daily every four (4) or so days. If you experience any “detox reaction” symptoms (such as increased fatigue, headache, skin rashes, drowsiness, etc), then reduce the dose to the last effective amount that caused no side effects. Stay at this dose for two weeks before again trying to increase the dose.

Place the drops of ITIRES in a small glass with one ounce of water. Swirl the mixture gently and then hold the dose in your mouth for 30 seconds before swallowing. If you are taking more than one homeopathic remedy from Pekana, you can add them to the same glass and take them together. These products are best consumed first thing in the morning on waking and then at night before bedtime. Use these remedies at least 15 minutes before breakfast and at least 15 minutes after dinner (though two hours after dinner would be best).

Remember that it is better to take them imperfectly than not to take them at all...because as powerful as these remedies are, they work only in your body and not in the bottle.

If you are able to get to the maximum recommended dose of 15 to 20 drops two to three times daily while still using the same bottle of ITIRES, then you have successfully completed a round of lymph detoxification if you finish this bottle while at the maximum dose. After completing one bottle, you can take a break to evaluate the health of your lymphatics or select another of our lymphatic detox protocols.

If you have finished one bottle of ITIRES but have NOT reached the maximum recommended dosage, then you need to get another bottle and continue to gradually increase the dosage until you do. To stop premature of the maximum dose means that your lymph is still toxic and your good health is still at risk.

Plan to cycle through one or two bottles of ITIRES every year to keep your lymphatics happy and healthy...I do.

As ITIRES does contain a small amount of homeopathic alcohol, it may not be appropriate for use by persons with a history of alcohol abuse or those at risk for alcohol abuse. To remove the alcohol from this remedy, place ITIRES (or any Pekana product) in 2-3 ounces of hot water. Let stand for 3 – 5 minutes, and in so doing, the alcohol will burn off and be effectively removed. Alternatively, you can put the ITIRES drops onto a rice cracker and let the remedy dry. As it dries, the alcohol will evaporate. When the rice cracker is dry, eating the cracker will give you the remedy but not the alcohol. This process can be repeated with any Pekana remedy containing unwanted alcohol.

Please note that the full power of the remedy is only experienced with the alcohol and it is recommended to consume the Pekana products with the alcohol.