

INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

THE CENTER FOR
**INTEGRATIVE
MEDICINE**

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apo-HEPAT

Liver Detoxification

WHAT IT IS:

- Homeopathic medicine for liver detoxification

WHY YOU NEED IT:

- Important for liver cleansing, support and those on prescription meds
- Core supplement for Foundational Healing
- Supports patients with abnormal liver blood testing
- Targets patients with any of the following liver symptoms
 - Bad mood or depression
 - Irritated, red eyes
 - Poor memory and focus
 - Poor energy
 - Headache
 - Poor sleep
 - Acne
 - Eczema
 - Dry, itchy skin
 - Fibromyalgia
 - Poor digestion
 - Burning mouth, tongue
 - Sinus congestion
 - Addictive personality

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:

apo-HEPAT is a German homeopathic medicine that supports liver 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 apo-HEPAT includes this naturally-derived alcohol in the final product.

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.

We must remove the toxins to maintain and restore health. As the most important detoxification organ, the liver is charged with much of the work of prepping and removing toxins from our blood. Unfortunately, the combination of our toxic world and lifestyle overwhelms the liver’s innate ability to keep us clean.

apo-HEPAT is a time-tested remedy to support the liver’s important work of internal detoxification. If you want to retain or recover your good health, proper liver support (such as apo-HEPAT) 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.

While apo-HEPAT 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 apo-HEPAT 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 apo-HEPAT 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 apo-HEPAT, then you have successfully completed a round of liver 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 liver or select another of our liver detox protocols.

Personally, I move from one liver cleansing protocol to the next in order to clean my liver at ever deeper levels...it's that important.

If you have finished one bottle of apo-HEPAT 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 liver is still toxic and your good health is still at risk.

As apo-HEPAT does contain a small amount of homeopathic alcohol, it should not be used by persons with a history of alcohol abuse or those at risk for alcohol abuse.