Preface

Hans-Heinrich Reckeweg, a German physician, first conceived the theory of homotoxicology more than five decades ago. During the succeeding 50 years, many of the elements of a scientific basis for bioregulatory medicine were discovered and described. Alfred Pischinger performed basic holistic research and described the ground system in the 1970s. This was followed by the histological research of Hartmut Heine on the basic structures of the extracellular space, a histological fact that is fully accepted in modern science. Five decades of implementation of Reckeweg’s original concept of insights into disease and disease evolution have passed, leaving us today with the valuable concept of homotoxicology. Finally, and especially in the last few years, basic research has been undertaken, confirming hypotheses that had formerly been expressed for years, even decades, by experts in homotoxicology worldwide.

Most of this advanced basic research elucidates how microconcentrations and nanoconcentrations of components in antihomotoxic medications can influence steering processes in the body. The correcting and steering influence on mediator-secreting immune cells has been studied in depth. Cell protective effects have been shown by the use of minute concentrations of components used in antihomotoxic medications.

In more than 50 years, the homotoxicological approach to disease and antihomotoxic treatment has gained tremendous ground, not only in general practice but also in specialized medical branches. This is mainly because of its high accessibility for conventional medical doctors and for complementary medicine-oriented practitioners. Logically, and not in contradiction to the basic principles of medicine, homotoxicology has made its way into many practices and therapeutic applications.

Science is dynamic, constantly evolving, and the same holds true for homotoxicology. Accordingly, this book does not pretend to be complete; rather, its aim is to be a reference, a study book in homotoxicology. It is an up-to-date resource on what we know about homotoxicology today: what is evidence based and what hypotheses and issues are still open to be analyzed and solved.

We invite you to enter, observe, and study the world of homotoxicology with the same open mind as a scientist would have in observing and examining a new phenomenon. It may be that you encounter contrasts with what you have studied until now, that you will discover new dimensions to what you thought was a fixed and closed issue.
This book may provide a different viewpoint on what disease and health are and on what evolution of the patient is or is not healthy. These considerations may influence the treatments you use and may help you approach the patient more holistically. The book may lead you to be a better practitioner, one who has full respect for and harmony with the basic principles of life. Your patients will feel the difference and be grateful.

Homotoxicology is not a dogmatic concept and is by no means an absolute in any sense of the word. It is open for integration at all levels—a supplementary reason why it is increasingly accepted in modern medicine. Homotoxicology will add an extra dimension to your profession as a health care practitioner. We hope that you, along with thousands of other practitioners worldwide, will look back in a few years and be grateful that you learned about this new theory.

*Medicine is the only profession that continuously fights against the reasons for its own existence.*

James Bryce. 1838–1922.
British statesman, jurist, and historian

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