Total Bromine and Total Chlorine

by Dr. John Brimhall

When are Total Bromine /Total Chlorine helpful?

Total Bromine and **Total Chlorine** are homeopathic remedies for assisting in the elimination of toxic bromine and chlorine that has accumulated over the years and deposited in body tissues. The very minute, percussed amounts of these bad halogens, which are utilized in varying concentrations for maximal effect, facilitate the detoxification of these halogens that are impairing normal biochemical function.

Indications for Total Bromine include: Asthma, cough, dysmenorrhea, emphysema, pain in feet, migraine, eye fistulas, sclerosis of glands (such as the parotid), sore throat, etc.

Indications for Total Chlorine include: Apathy, asthma, catarrh, cold, convulsions, croup, impotence, pleurisy, sore throat, ulcers, spasms, apprehension, irritability, dry mouth, inability to swallow, etc. and many other listed in homeopathic encyclopedias.

What are Bromine and Chlorine, and why are they toxic?

Bromine and chlorine are called halogens, and they appear together on the periodic table of elements. They are both prevalent in our environment, and bromine and chlorine can exhibit toxic effects on the body (see below for common sources). Additionally, bromine and chlorine have a compounded toxic effect when they knock off iodine, a good halogen, from the halogen receptors. Since these three halogens are all together on the periodic table, all of them compete for the same receptors. When bromine or chlorine knocks iodine off the receptors, the body experiences not only the bad halogen toxicity effects, but the ripple effects from not being able to utilize iodine. Iodine is critical for thyroid and breast health; the thyroid alone is important because it regulates the metabolism of almost every cell in the body. When bromine and/or chlorine toxicity causes iodine deficiency, it not only compromises thyroid function, but it can cause excess peroxidation and damage to thyroid molecules and enzymes, causing antibody production and precipitating thyroid autoimmune disease. The biggest health risk of these bad halogens is that they can react with compounds in the body, and reduce their effectiveness, just as they reduce the effectiveness of iodine when they knock it off the receptors.

Sources: We get exposed to a lot of bromine and chlorine in our environment. Hot tubs alone provide a liberal exposure to both of these toxic halogens. **Chlorine** is a powerful oxidant and disinfectant, found in bleach, household cleaning agents, swimming pools, and everyday drinking water when it is not filtered. It is used in making plastics, solvents for dry cleaning and metal degreasing, textiles, agrochemicals and pharmaceuticals, insecticides, dyestuffs, etc.

Sources (cont'd):

Bromine is found in new cars, carpets, mattresses, I-pods, etc. Bromine compounds are used as pesticides, dyestuffs, water purification compounds, and as flame-retardants in plastics. Methyl bromide was one of those pesticides, whose use was abandoned because of the detrimental effect on the ozone layer. In the 1970's, iodine was replaced by bromine in bakery products, the most abundant source of this toxic exposure. Bromine is also used in the production of brominated vegetable oil, which is used as an emulsifier in many citrus-flavored soft drinks (for example, Mountain Dew).

Total Bromine and Total Chlorine was formulated to mobilize these toxic halogens, and knock them off the iodine receptors that they have bullied themselves into dominating. Once these toxins are mobilized, it is ideal to utilize synergistic nutritional help, in order that the toxins are fully bound and removed from the system. This increases efficiency, and also prevents what is called bromine and chlorine "detox" symptoms (when someone has a heavy bromine or chlorine load). If synergistic products are not utilized, the body uses existing nutritional elements to bind and remove the bad halogens. It makes good sense to adhere to the following protocol to avoid "detox" symptoms: **Total Systemic D-Tox** (one three times daily), and **Complete Omega 3 Essentials fish oil** (one capsule four times daily), for binding the bromine when it is released from tissues and facilitating the removal. Also helpful is **Iodine Rescue**. Iodine, being a good halogen, coincides with the bad halogens bromine and chlorine on the periodic table and competes for the same receptors, meaning that iodine supplementation can knock the bad halogens off the iodine receptors. See the **Iodine Rescue** fact sheet for more info & FAQ; the average loading dose is one three times daily.

Ingredients: **Total Bromine**: Bromium 15X, 30X, 200C, 1M

Total Chlorine: Chlorinum 15X, 30X, 200C, 1M

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ANY QUESTIONS?

PLEASE CALL TOLL FREE 1-800-451-5620

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