

# EMMUNCTORY ORGANS

The Emunctories are the Organs of Elimination that process and eliminate normal by-products of metabolism. In addition, all living creatures must eliminate toxins from other life forms such as mold, bacteria, and viruses.

One must also take into account there are 120 million registered chemicals created and utilized since the Industrial Revolution, and rarely are those chemicals tested for effects that might occur when exposed to them in combinations.

All of this, our bodies must address in some way.

## The Following Organs are Emunctories:

- Skin
- Lungs
- Liver
- Kidneys
- Large Intestine

When these organs are not performing well, then the body turns to other organs that were not intended for this purpose, but may have a capacity for elimination. The most common secondary organ of elimination is the uterus. The uterus is a blood rich organ with a complex immune system. This organ becomes the recipient of partially metabolized by-products which can be associated with disease states like endometriosis and fibroids.

Here is a List of Ways to Support the Primary Emunctories, to reverse the load in the uterus and promote health through out the body. You don't have to do them all. Pick the activities that resonate with you the most. There will always be more to add to this list!

### **LIVER** >> n.b. when this is blocked we tend towards ANGER

- a cup of Roasted Dandelion tea per day
- Castor Oil Pack >> see my handout
- Eat Beets and Jerusalem Artichokes
- Ingest bitters before, with and/or after meals
- climb a steep hill for at least 10 minutes and move your blood!

### **KIDNEYS** >> n.b. when this is blocked we tend towards fear, deep mid back pain, dark urine

- drink pure water (verifiably good spring water, distilled water with electrolytes added back in, alkaline water, carbon filtered water).
- add electrolytes that don't come with too much sugar
- add a pinch of salt to the water, and/or lemon and/or cucumber
- Uva Ursi Tea
- Fresh Cranberry Juice such as Vermont Cranberry Company found in the cooler at the natural market

**SKIN** >> n.b. chronic intermittent hives are a symptom of high histamines which can be diet related and/or related to a DAO gene defect

- Dry skin Brushing
- Sauna (alternating heat with cold plunge)
- Loofa with showers or baths
- choose skin products made with ingredients you recognize, from natural market or business

## **LUNGS**

- air filter your bedroom and place of work if possible
- switch to conduction stove top, or ventilate while cooking with gas
- walking in the forest, increase your breath rate
- breath work, seek a workshop or read The Oxygen Advantage by Patrick McKeown
- seek help if you breath thru your mouth a lot, especially overnight

## **LARGE INTESTINES**

- eliminating formed, painless stool daily
- Castor Oil Packs with 2-3 drops of Rosemary or Oregano Essential Oil - 15-2hrs a day, 5 days a week
- avoid eating animals from factory farms
- Ingest bitters before, with and/or after meals
- Avoid non-organic wheat due to the round up used for conventional wheat production, AND avoid wheat enriched with folic acid which binds our folate receptors and interferes with the detoxification pathway called methylation.
- Avoid dairy and added sugars
- Eat foliage
- Eat vegetables
- Eat animals from local farms that treat their animals well
- choose soups/stews that are non-dairy and made without nightshades
- passive colonics (no pump) as needed >> this is a valuable method for clearing out stagnant matters, this is very powerful and should be done in conjunction with a health care providers

to Learn More:

[Emunctorology: Synthesizing Traditional Naturopathic Practice with Modern Science](#)