

HOW TO USE
THE MATRIX TO ADDRESS

CHRONIC HEALTH CONDITIONS

*Threats & Therapeutic
Strategies to Detoxify
and Regenerate
Your Extracellular
Matrix*

“Seen from a biological viewpoint, a cell can not be considered by itself without taking its environment into account.”

Alfred Pischinger, The Extracellular Matrix and Ground Regulation



EXTRACELLULAR MATRIX (ECM)

Like the ocean, the extracellular matrix (ECM) is an active world unto itself inside the body. It is the space between cells that moves the cell secretions of hormones, nutrients and waste products around the body. It is how the body connects systems, communicates and self-regulates between the immune system, the endocrine system, the nervous system and the lymphatic system.

This environment or “terrain” of the ECM is different for each person. This is epigenetics, or the modifications to gene activity that take place in each cell and are deeply personalized. The epigenome is the chemical compounds in one’s DNA that regulate the activity or expression of a particular gene. While this does not alter the DNA itself, it does change how a gene may work in a certain environment. So, what someone eats or the pollutants in the environment around that person can determine whether a gene is turned on or off, thus influencing which proteins get produced in a particular cell. These changes vary from person to person and even within the body can vary from tissue to tissue and cell to cell. These epigenetic changes can be passed down for generations.

This means that disease and chronic conditions are very personal. The extracellular matrix is where almost all diseases in the body get their start. Each person’s ECM is a unique world made up of the totality of what internally affects the cells, from physical, mental and emotional factors. The extracellular matrix not only transports materials in and out of the cell, but also acts as a storage area and buffer between cells and toxins in the body.

LYMPHATIC SYSTEM

One of the most important things happening in the extracellular matrix is the communication between cells and the lymphatic system, which has the primary tasks of helping the body get rid of toxins and supporting the immune system. Made up of a system of lymphatic vessels, nodes, glands, and even organs, such as the tonsils, spleen and thymus, the lymphatic system moves fluid filled with infection-fighting white blood cells throughout the body and returns it to the heart.

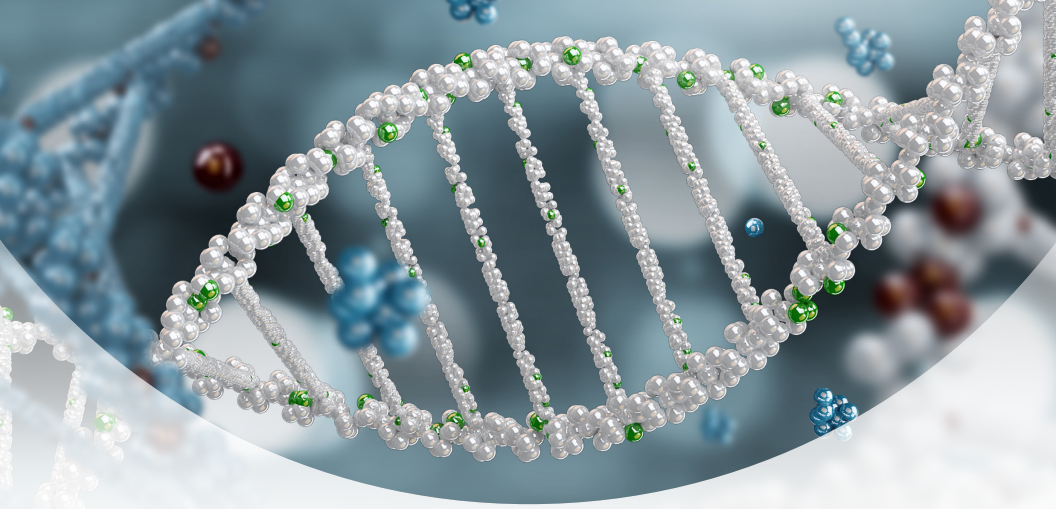
Along with the role of returning fluid to the heart, the lymphatic system also helps large molecules enter the bloodstream, such as hormones and lipids. However, one of the most important jobs of the lymphatic system is immune surveillance, that interaction between the immune system and the response to pathogens. For example, acute infections can cause swollen lymph nodes when the lymphatic system responds to unknown pathogen.

The system of lymphatic capillaries and vessels throughout the extracellular matrix play such an important role in keeping the body healthy, but they also present areas of concern for bioaccumulation and interference. The lymphatic system does not have a pump, such as the heart acts for the circulatory system. So, it's important to keep the lymphatic system moving through keeping the body moving or therapies like dry brushing.

Drainage therapies are extremely helpful in keeping the lymphatic system clear and moving. There can be a build up of lymphatic fluid in the abdomen known as radix edema. It is important to acknowledge and drain the lymphatic system in the abdomen in order for the rest of the body to drain well. It is also important to consider the role of the glymphatic system, which clears waste from the central nervous system during sleep, and its interconnectivity to the lymphatic system. Another often overlooked area of the lymphatic system are the tonsils, which affect brain and gut drainage and play a very important role in overall health.

The extracellular matrix and the systems that work within that matrix, such as the lymphatic and glymphatic systems, are all happening within the context of what is happening in each individual cell. Not only what is happening in the cells, but also the fluid-filled space between cells, known as the interstitium. This fluid is so important it is now considered a new organ and vital part of these highly communicative and connected areas of the body.

Lymph
means
clear
water in
Latin.



PATHOLOGY IN THE MATRIX

The following are the biggest threats to the extracellular matrix that lead to chronic conditions:

- Cell Danger Response - the ripple effect in the matrix that happens when a cell reacts to a pathogen
- Mast Cell Activation Syndrome
- RCCX Phenotype - gene cluster theory work by Michael McEvoy
- Lyme and Co-infections
- Flouroquinolones Toxicity
- Mold Illness and Chronic Inflammatory Response Syndrome
- Glyphosate
- Heavy Metals
- Interference Fields
- Emotional Trauma

THERAPEUTIC STRATEGIES IN THE MATRIX

Keeping the extracellular matrix and lymphatic system clear of toxins is an important step to ridding the body of chronic conditions and maintaining overall good health. The following therapeutic strategies improve lymph drainage, treat infections, eliminate toxins, and repair and regenerate the ECM.



HOMOTOXICOLOGY

This term was developed by Dr. Hans-Heinrich Reckeweg to describe any substance that creates a toxin to the body, either directly or indirectly. Homotoxins can include mercury, glyphosate, aluminums, pathogens that cause Lyme disease, even electromagnetic fields and radiation. These homotoxins target the extracellular matrix.

Treatment focuses on removing the toxin, not just treating the condition created by the toxin. There are distinct phases homotoxins go through as they enter the body and travel into the extracellular matrix. In the humoral phases, the body should be allowed to experience the secretions and inflammation that initially accompany illness, such as a runny nose or a low-grade fever. Next are the matrix phases when toxins move into the extracellular matrix and begin to affect the body in more serious or even chronic ways. In these deposition and impregnation phases, the homotoxins can have a profound effect on the body. The final cellular phases are when chronic conditions become more entrenched in the body and can lead to more devastating conditions, such as cancer.

Drainage is a highly effective way to get toxins out of the extracellular matrix. The following companies produce drainage remedies:

- **Unda**
- **Pekana**
 - Mundipur
 - [Detox Kit](#)
- **Physica**
 - [Drainage Milieu](#)
 - [Lymph 1, 2 or 3](#)



HYDRATION AND EXCLUSION ZONE WATER

Hydration is vital to maintaining a healthy extracellular matrix and electrolytes have a particularly important role. We also want to increase exclusion zone water inside cells and the ECM. Exclusion zone water lives in cells and delivers energy to the mitochondria, which helps combat aging and stress. Dr. Gerry Pollack discovered this fourth phase of water, best described as structured water. Light therapies are the best way to increase exclusion zone water.

- **Biopure Matrix Electrolytes**
- **Quinton Water**
- **BioOcean IV's, 250-500 ml**

Here are a few suggestions on how to increase exclusion zone water:

- **Visible light, UV light, Infrared;** 270 nanometer is where exclusion zone water absorbs that light the best
 - **Infrared Sauna;** Infrared improves microcirculation in capillaries and improves blood flow
- **BioMat**
- **Hyperbaric**
- **Grounding and Connecting with Nature**



IMPROVE LYMPHATIC DRAINAGE

Lymphatic drainage can be done through manual techniques, topical applications and various other therapies:

- **Manual Techniques**

- Vodder, Sophia Matrix, Electrolymphatic Drainage
- FLOWpresso
- Self Lymphatic Drainage Massage

- **Topical Application**

Combine topical applications with infrared light and/or jade roller

- Sophia Flow - apply to neck
- Biopure Deo - apply to neck, clavicle, underarms, bikini line, bottoms of feet at bedtime
- Pekana Itires - apply to neck and areas of congested lymph

- **Dry Skin Brushing**

- **Rebounding**

- **Vibration Plate**

- **Inclined Sleeping**

TREAT INFECTION

Infections, such as Lyme and other co-infections, have devastating effects on the extracellular matrix. They also affect the lymph nodes. It is important to acknowledge these pathogens, along with the microtoxins and bio-toxins that they produce, and seek therapies to address them directly.

ELIMINATE TOXINS

Eliminating toxins like heavy metals is important and can effectively be done with binders and other therapies. Intestinal binders help to move toxins out of the body and prevent them from being reabsorbed back into the gut.

- **Binders - Chlorella, Zeobind, Enterogel, Pectasol C, Microsilica**

GROUNDING

Grounding, also known as earthing, is a powerful therapeutic technique that brings electrons into our system. Putting our bodies in direct contact with the free electrons on the earth's surface can boost immunity and reduce inflammation. The natural electric conductivity of the earth's surface can help regulate diurnal body rhythms and improve the workings of the extracellular matrix and lymphatic system.

Walking barefoot through grass is a simple grounding technique. There are also ground systems in the form of sheets, mats, simple wrist or ankle bands, patches and even footwear. Both the physiological and emotional benefits of grounding cannot be overstated.

COLLAGEN

Collagen is the most common protein in mammals and it is so important because it is a fiber optic and light conductive protein. It is primarily made up of an amino acid called glycine. Because glyphosate is similar in structure to glycine, it becomes incorporated into collagen. As we get exposed to glyphosate and it becomes embedded into our collagen, it travels through the extracellular matrix. It is extremely important to support healthy levels of collagen.



ABOUT DR. CHRISTINE SCHAFFNER

Since graduating from Bastyr University as a Naturopathic physician, Dr. Christine Schaffner has worked to create a new kind of health journey, co-creating the world renowned Sophia Health Institute with her mentor, Dr. Dietrich Klinghardt.

Dr. Schaffner has cultivated unique skills and very advanced knowledge on uncommon treatment protocols, like frequency and energy medicine and worked with very elite practitioners on treating chronic illnesses and persistent Lyme disease. She strives to improve access, outcomes, and speed of recovery for patients, wherever they may be on their health journey.

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