

## **THE OLIGOTHERAPY**

*Historically, man has used the mineral in an empirical way to take advantage of its therapeutic properties: between the seventh and fifth centuries B.C., the Chaldeans of lower Mesopotamia wore a copper bracelet; in the sixteenth century, Paracelsus recommended the use of seven metals to treat various conditions; at the end of the nineteenth, Gabriel Bertrand discovered that several minerals, although present in minute amounts, had a key role in living things. During the 30s of last century when Dr. Jacques Menetrier studied in terms of clinical and biological role of trace elements.*

*Etymologically, the trace elements are minerals present in the body in very small quantities. We can mention, for example, zinc, copper, manganese, gold, selenium, germanium, cobalt, boron, silver, silica and molybdenum. Although they represent only a small percentage of the total organic components, trace elements are essential for the proper functioning of the body, ensuring many biological functions.*

*The various trace elements have four main types of action: catalytic, hormonal, plastic and action on ion channels. For example, zinc catalyze over 200 enzymatic reactions, iodine has a regulatory effect on the thyroid gland, silica promotes the formation of connective tissue and magnesium is involved in the neuropsychological and neuromuscular balance.*

*Today, sub-carences micronutrients are common. This is due, first, to an inadequate intake due to modern dietary habits (increased meat consumption and lower consumption of fresh and seasonal fruits and vegetables) and poverty-induced nutritional refinement, harvesting immature fruit, the exhaustion of soils, etc.. Second, these sub-carences be a consequence of a failure in absorption due to advanced age, to digestive disorders, stress or ingestion of drugs that inhibit the assimilation of trace elements. Various pollution (air, water, agricultural, industrial, preservatives, stabilizers, dental amalgams,...) produce inactivation of trace elements by chelation chemistry. There may be too excessive removal of trace elements due to stress (mental and physical) and toxic tissue acidosis. And there are situations where there is a growing need for trace elements, as is the case of pregnant women, growing children, athletes, the sick and convalescent, and in which we must be more careful in order to avoid sub-carences.*

*As a result, there has been an overall decline in organ function (fatigue, weakness, lack of dynamism ...), followed by the appearance of functional disorders caused by malfunctioning cells and in the long run, these disorders result in many serious diseases. This sequence of events is related to the development of so-called "diseases of civilization": cancer, cardiovascular disease, diabetes, rheumatism, allergies...*

*So oligotherapy is a therapeutic method that involves the administration of trace elements necessary for the proper functioning of cells. There are three main schools: reactive oligotherapy, based in diatheses defined by Menetrier; pharmacological oligotherapy, which provides minerals in high doses (with the risk of causing some imbalances); and bionutrition oligotherapy, which consists of the contribution of all trace elements that the*

Eva Notario Pardo

<http://www.naturholistica.com>  
[naturholistica@hotmail.com](mailto:naturholistica@hotmail.com)

*body requires at physiological doses, which can restore the biochemical integrity of the person and, consequently, restore the biological balance.*

*\* Oligotherapy does not exclude nor does not replace any medical or pharmacological care.*

### **LEARN MORE:**

- Institute of Oligotherapy. <http://www.oligotherapy.co.uk>

