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DynaFortis

Box of 90 capsules

Complex compound of plants assembled and blended according to the principles of the Greek-Arabic UNANI Medicine in order to maintain or restore the balance between the bodily Humours or fluids in order to sustain a healthy balance. DynaFortis is particularly relevant for people with predominantly cold temperament (dry cold or wet cold).

The Theory of Humours or fluids

This theory has been developed gradually based on the clinical observations that Hippocrates made throughout his life. What is it all about?

«Everything is in everything and reacts to everything.»
The phenomena occurring in this microcosm – the human body – are related to those of the macrocosm – the Universe. To the four elements of the macrocosm, earth, water, fire and air, match the four Humours of the human body with the same physical characteristics.

These four Humours are: the Blood, wet and hot, which has its centre in the heart, the Yellow Bile, hot and dry that acts on the liver; the Black Bile, cold and dry, which has its centre in the spleen; and the Phlegm, cold and wet, found in the head, stomach, but also in the kidneys and the bladder. The harmony of the Universe (macrocosm) as well as the health of the body (microcosm) are related to the balance between the four elements / humours. Since the predominance of a Humour has an impact on the character, we can identify four basic temperaments: choleric, sanguine, melancholic, phlegmatic.

To illustrate an ideal harmony (sign of good health) between the four Humours, the Unani Medicine defines a fifth temperament that could be qualified as the Reference Temperament, from which one should try to be as close as possible, because the more we drift away from it the higher the risk of getting diseases.

The disease from a Hippocratic angle:

The theory of Humours is based on clinical observation: Humours play a dominant role in the organism since they share an essential component that is found everywhere: water.

What Hippocrates had theorized is now somewhat confirmed by our current knowledge. Blood is composed

by 90% of water and the brain contains 80% of it. We have 200 hectares of irrigated tissue by 100,000km of capillary vessels; 5.5 litres of blood and 130 to 200m² of lung surface. The liver treats 2400 L of blood per day, while the body of an adult contains between 60% and 70% of water.

For Hippocrates, the origin of the disease is due to the imbalance between the four Humours of the body (yellow bile, black bile, blood and phlegm). The sick body then tries to find various ways of eliminating the sickness (fever, sweating, bleeding, sputum, diarrhea, etc.). These eliminations processes are involved in the improvement of health, in the body's recovery, by the elimination of unnecessary and stagnant materials that block the free circulation of the humours.

Causes of the Humours imbalance

The perfect balance of the Humours is hard to maintain because it is constantly subject to several influences:

- Age: The body temperature declines with age.
- The climate and the seasons: just as they have an influence on nature and vegetation, they influence the Humours in the body.
- Food loaded with chemicals: preservatives, dyes, stabilizers, sweeteners, bleaching agents, emulsifiers...
- Air pollution due to industrial activity, cars, smoking...
- Various chemical substances: high doses of medicines (tranquilizers, sedatives, analgesics, antibiotics), Cosmetic products, Cleaning products...

A serious and common problem :

For several decades, the significant use of chemicals and their accumulation in the body alter the balance of the Humours. Hence, most of the diseases that we find in the populations of industrialized countries (cancer, depression, allergies, rheumatism, etc.) are due to the predominance of different cold states, causing a significant anaesthesia of the organs, the accumulation of black bile or phlegm and a poor elimination of waste.

Action of DynaFortis:

DynaFortis has been developed according to the principles of the Greek-Arabic UNANI Tradition in order to compensate this imbalance. By the effect of some of its plants, the body temperature can be raised while other plants would reduce the humidity. Finally other plants enable the body to evacuate waste that impedes the circulation of the humours (mucus, feces, urine, etc.)

Instructions:

DynaFortis is to be taken at meal time.

Preventive care: Take one capsule daily, lunch or supper.

Treatment: Take three capsules daily, one at each meal.

Composition:

Acorus calamus, Rheum officinale, Anacyclus pyrethrum,
Agapanthus - Plant origin capsules.

Complementary treatments:

DynOrgan: Stimulates the action of eliminating organs.

ImmunoVie: Strengthens the natural body defence.