

## DCA – Basic Information

### What is DCA?

DCA is a natural agent that controls a big part of our immune system. DCA stands for DESOXYCHOLIC ACID and is known for about 100 years as a substance that is produced in higher mammals as one of the secondary bile acids. The main function of DCA is to stimulate and modulate the unspecific immune system.

The second function of deoxycholic acid is its role in the hormonal structure of the body. DCA acts as a counterpart to some other hormones like the stress hormones, and has the task to bring our body into a resting stage to be able to regenerate when it gets ill.

These both functions of DCA are not known or established in conservative medicine till today. Deoxycholic acid is seen to be a harmless “mistake of the nature” – a senseless evolutionary remnant.

### How does DCA work?

DCA is a substance that can be found in healthy humans in all tissues. It patrols the whole body in an inactive form. If DCA stumbles across an inflammation foci or tumor (where the blood gets more sour), it turns into an active form and induces an immense immunity reaction. The immune response happens local, specific and amazing speed.

The part of the immune system that is affected from DCA is the so called unspecific immune system, that is based on the macrophages – the big immune cells. It is their task to maintain a first wall against infections and pathogens. This way DCA acts so quick and focused as an immunity vitamin (even if the word vitamin is scientifically not correct). The healing process starts only after 4.5 hours. 12 to 20 hours later we can observe obvious healing effects, e.g. the swelling disappears, the pain is gone and so on.

### Which diseases can be cured with DCA?

DCA is not a magic potion, the indication field is restricted to special diseases. But in the areas where it works, it acts with a miraculous speed. That is only possible because deoxycholic acid speeds up the natural defense and healing mechanism of the body.

The best effect can be observed when healing viral inflammations with a local foci as herpes, neuritis, shingles, chicken pox or fresh warts. After 12 to 24 hours the pain is gone, in two to three days all the main symptoms of most of the diseases named above are vanished. Very good healings can be obtained when curing bacterial inflammations with a local foci like inflammations of the urinary tract, nephritis, pyelitis or complications of the common cold as inflammation of the middle ear or angina. Fresh (not older than 24 to 36 hours) bacterial inflammations react as good as viral inflammations.

Successful results were obtained in the treatment of tumors, as cancer develops sour local foci as inflammations do. But it is important to know that only several types of cancer can react upon a DCA treatment, and that we have to deal with relatively fresh tumors that were not much treated with conservative methods.

There seems to be a healing effect on some symptoms of the AIDS syndrome, as far it touches clinical pictures that are to be found in the DCA spectrum. Several reports like the regress of the inflammation of the lymph nodes are known. But there has to be done far more medical investigation in this field.

If we treat a disease with DCA, we can observe as well a harmonizing effect on the vegetative nervous system. That is only logical if we know that DCA is an active part of the hormone system of the body and acts as a counterpart of the corticoids. We get effects as normalization of the bowel and the blood pressure.

DCA is totally helpless in fighting many diseases, most of them to be found in the third world countries. They have either no local sour foci that activates DCA or a totally different pathogen than the DCA induced part of the immunity can fight. Examples are malaria, typhus, mad cow disease, yellow fever, cholera, pestilence, or leprosy.

### **Are there contraindications?**

Deoxycholic acid is problematic or even contraindicated when we are dealing with diseases where the immune response is the problem itself. Rheumatism or asthma can worsen for one to three days before they turn back to the initial state. On the other side this way we have the chance to heal some autoimmune diseases or even some types of rheumatism when going through the state of the first worsening reaction.

Beside this fact, DCA has no side effects, as it is a body inherent substance which is controlled in our body as any other hormone or vitamin.

### **Are there drug interactions?**

Yes there are. DCA is compatible to most of other pharmacological products and nutritional supplements. We have not heard of any harmful interactions yet. But there are some drugs, that lower or even stop the healing effects of DCA. In the first place one has to be careful when using anti-inflammatory drugs, doesn't matter if steroidal (corticoids) or nonsteroidal. Anti-inflammatory pain killers can be a problem as well. Paracetamol or Ibuprofen® seem to have no interaction with the DCA mechanism. Antibiotics do not block DCA, but can destroy the intestinal flora that produces DCA.

**For further Information click to**

[www.dca-vlcek.com](http://www.dca-vlcek.com) or [www.deoxycholicacid.com](http://www.deoxycholicacid.com)

## Active Therapy with solid DCA

### Attention

The following instructions are designed for the use of DCA powder, not other application forms like the DCA transdermal gel. This instruction does not replace a profound training in becoming a DCA therapist. But it helps to avoid gross mistakes in the treatment with DCA. We strongly recommend to attend one of our one day courses to become a certified DCA therapist.

### When can we use DCA in acute therapy?

- The disease has to be fresh, that means not older than about 2 days to reach the full effect.
- Do not use DCA to cure allergies, neurodermitis or asthma.
- Handle under supervision of an instructed doctor when curing autoimmune diseases or rheumatics.
- No prophylactic use of DCA! That makes no sense and only disharmonizes the regulation of the DCA system in your body.
- In long terms the aim is the reactivation of an own DCA production, not supplementing DCA.

### Which dosage?

- For an adult 0,5-1,0g per day is the roughly recommended dose of DCA when using it in active cure.
- This day dose has to be taken in five portions (5x size of a pea) with some food. That means in the morning, before noon, noon, afternoon and evening.
- Small differences of this amount are tolerable in short terms.
- These instructions serve the treatment of acute inflammations and virus or bacterial diseases. Chronic diseases, autoimmune diseases, cancer or immune deficiency need another approach.

### How long has DCA to be taken?

- Start immediately with the first symptoms. One must start in the acute phase of the disease!
- If there is no significant effect after 12 hours stop the cure – DCA does not work. Rule of thumb: You will see a quick healing, or you will see nothing at all.
- If it works, continue the cure for 2½ to 4 days. Then stop, because DCA has done its job and a further cure would get your body accustomed to an unphysiologically high amount of DCA.
- Even after a very quick healing, go on with the cure for at least 2 ½ days. If you don't do so, you risk a relapse.

### Where can I get DCA?

- Exact specs: Deoxycholic acid (C<sub>24</sub>H<sub>40</sub>O<sub>4</sub>), CAS: 83-44-3
- DCA can be bought in every drugstore or in an internet shop as a chemical for laboratories.
- It can be stored at normal room temperature for many, many years.