

e-newsletter detoxification and immunoactivation MUDr. Josefa



Immunity to whooping

Immunity is never enough. We have just shaken off Covid, and whooping cough has appeared. Every educated person knows that whooping cough is not dangerous for adults. It is simply a very unpleasant, long and persistent cough. Since the causative agent is the Gram-negative bacillus, it responds well to antibiotics. The disease has jumped out in the press like a jack-in-the-box. The scarecrow is here again, the vaccine is here again. Desperate people write that they cannot get a vaccine and their end is near. During the Covid mirage, governments have learned how easy it is to manipulate

people through fear. We are used to war, we are not afraid of the police. But the disease is eternal. It never fails. It is good to tell people that there is no vaccine that is completely safe. Each has side effects. The percentage of these side effects is different, not statistically significant. In short, what do we care about the fate of those who suffer. Statistics are the most important thing. All our medicine is based on statistics. This is called evidence-based medicine. They are expressed statistically. A famous comedian said that if you put half of your butt on a hot stove and the other half

on an ice cube, you are in the middle. If you are lucky in modern medicine, you are in the middle. On the edge it is hot or cold. Either way, you are out of luck, medicines do not work on you. Inside there is a maximum of everything, including people. You can sell them medicines. The newspaper talks about vaccinations against whooping cough. But we have in our hands a spray that we can use for such an immune function that until recently we did not even dream of. Our spray does not care whether we are sitting on ice or on the stove. In short, immunity is irreplaceable.

Spring cleansing of body and soul

Text: MUDr. Josef Jonáš, Foto: Pexels.com

We all know the Easter fast, but today perhaps only Orthodox Christians observe it. Once it was a trick to cleanse the body and soul. After all, many other churches also have restrictions on the menu for religious reasons. However, we suspect that there is a health problem lurking in the background.

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Nature helps

Let's observe nature with joy, let's notice small things. The wise say that details make a difference. Let's imitate nature and set up incubators at home. Mung bean sprouts, radish seeds, broccoli, cabbage

for example, avocado is a great source of monounsaturated fats. It improves insulin sensitivity and helps shed winter pounds. Don't be afraid of ginger, chili peppers, cinnamon or garlic. Steam them, which activates the release of nutrients.

The need to slow down

All living things show existence in certain cycles. Periods of ice ages alternate with periods of drought and heat. During the day, our nervous system, hormones and organ activity change depending on the circadian rhythm. Even the year has its own rhythm. Even today, in winter we should sleep an hour longer, peas slept up to 20 hours. That is why they ate less, mainly sauerkraut, peas or lentils. The present tense pushes us forward. Sometimes, however, we lack the strength in this fast run and we have to slow down. Why not in spring? Statistically, the most people die in April. Old Czechs used to say: if you survived March, you will live to old age. The best detoxification is joy, relaxation and well-being. Stress tightens our tissues, which cannot get rid of toxins at that time. Meat at the end of winter and agricultural work in spring acidify the body and are a source of biogenic salts



sunflower seeds or cress are full of protein, enzymes, fiber, trace elements and vitamins. Additionally, they free the liver, which according to ancient Chinese medicine experiences a crisis in the spring. We eat fish, seafood, nuts and seeds because of the anti-inflammatory omega-3 acids they contain. Turmeric is also beneficial

and on all the beneficial recommendations for the body, one should not forget about psychic toxins - emotions, stress and love, or its opposite, emotional deprivation. Mun, Tox, Hepcirk, Col, Emotion and Brein preparations will help to remove these toxins

Holistic medicine and the liver

Text: MUDr. Josef Jonáš, Foto: Pexels.com

Holistic medicine is an application of holistic philosophy. Its main idea is to look at everything from the point of view of the whole, not its parts. It is basically the opposite of modern medicine, which does not deal with the causes, but only with the symptoms of diseases.

Our modern doctors have no philosophy or idea. They are trained in evidence-based medicine, which does not look for the essence of the disease, but rather deliberately asks questions to obtain evidence. The complexity and integrity of medicine are not discussed. At the same time, comprehensive care is also atomized. I also focus only on

Each era favors a specific organ due to its social character, in our time it is the liver. Its psychological toxin is aggression. All the blood that carries everything that happens in the intestines goes straight to the liver. In the era of antibiotics and frequent intestinal dysmicrobia, the liver works extremely hard.

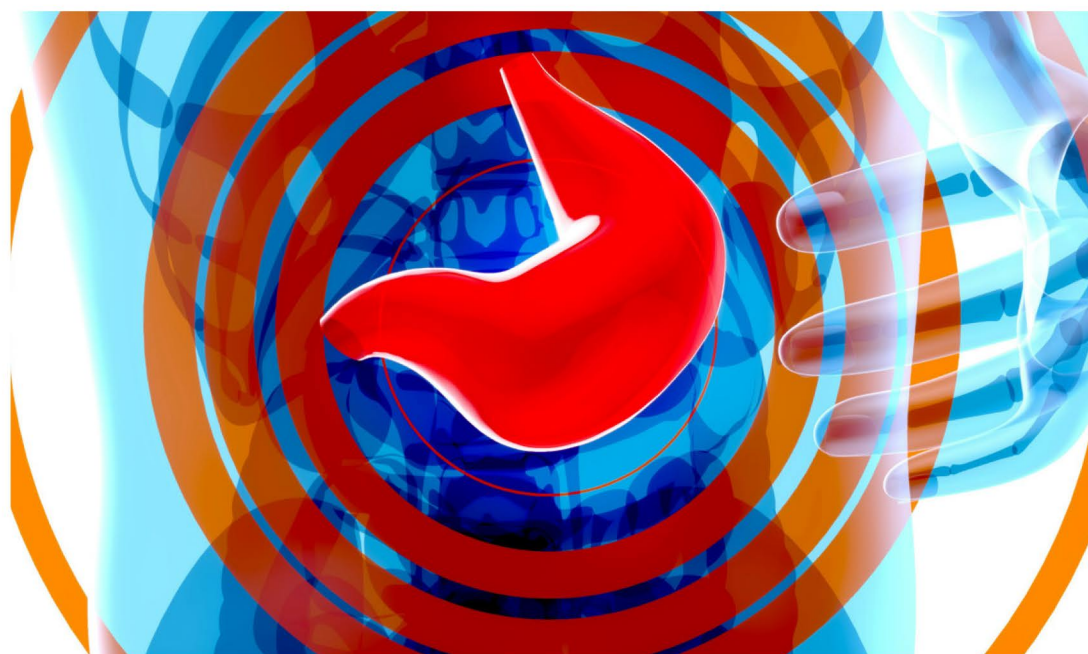
celebrate a series of holidays in the spring, during which alcohol is drunk and heavy meals are eaten. Nothing good for the liver, so we can't be surprised by spring fatigue.

Effect on ligament

In the context of holistic medicine, the influence of the liver on the body is very important.

connective tissue. It occurs in practically all organs, in some it is even the main tissue of our life. The liver and its energy maintain the ligament in good condition. Therefore, without working on liver cleansing we will not be able to maintain the ligaments in good condition or detoxify them. The musculoskeletal system deteriorates, blood vessels become clogged, and the skin ages. Just like aggression

As the liver destroys it, the liver and gallbladder destroy the psyche. All difficulties are better tolerated when anger, hatred, and self-destruction disappear.



on one part, namely detoxification. However, in my personal life I try to look at the whole picture.

A big impact

As an example of a holistic view, I chose the liver. It is one of the five most important organs. Together with the gallbladder, it forms a pair that has a huge overall impact on the body's detoxification, metabolism and energy circulation.

One of the important functions of liver cells is the production and breakdown of cholesterol, i.e. its control and regulation. We all know that cholesterol is closely related to problems of the vascular system. This is only a fraction of the importance of the liver for the human body. Today, everyone knows that the liver is the organ of spring. We strengthen their function by including seed sprouts in our diet. The paradox is that since time immemorial, people

This cannot be done without a good liver. The gallbladder has a great influence on the peripheral nervous system. I do not know anyone who does not have problems in this area. These include sore gums, asthma, stomach problems, tingling fingers, sciatica and many others. The Egyptian Sinuhet already said: "Cheer up your liver!" And we should do it too.

We are all under pressure

Text: MUDr. Josef Jonáš, Foto: Pexels.com

Some tests are very common these days. Almost every one of us has had an abdominal ultrasound and knows that there are more gallstones than we thought. A blood test, on the other hand, gives us the opportunity to monitor the amount of cholesterol.



A person with hypertension will experience it, even if the blood pressure is "supposedly" balanced.

Unbearable tension

Low blood pressure also causes problems, namely fatigue, orthostatic collapse, dizziness or cold. In the case of older people, even death due to a fall. There is no cure for this problem. An even bigger problem is

What we are interested in today is a test that everyone undergoes. As soon as you enter the healthcare facility, your blood pressure will be immediately measured. Thanks to accurate screening tests, we know that the percentage of the adult population affected by this disease is very high. High blood pressure is the cause of strokes, coronary artery disease, kidney failure, right ventricular overload, heart enlargement, eye diseases and other problems. This makes heart and vascular diseases the leading cause of disability and death in statistics. An unacceptable method. Hypertension is treated with many types of

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pressure fluctuations. After all, the brain needs a regular supply of oxygen. Only blood can provide it. Hypertension is considered a psychosomatic disease.

Stress plays a major role in the influence of the adrenal glands on blood pressure. The physiological mechanism that provided our ancestors with resistance to stress and increased efficiency has become our curse. The body does not tolerate chronic stress, overweight and intestinal dysmicrobia. Try it and measure your blood pressure. If it was higher than normal, spray Hyperten in the mouth or on the forearm. Repeat the measurement after one to two minutes. Hyperten is a preparation for those who notice a change.

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IT'S UNPLEASANT TO LIVE UNDER PRESSURE.

Hypertension, a silent disease.

It does not hurt, we usually do not feel it, but it is extremely dangerous. In the Czech Republic alone, more than a million people suffer from hypertension. The use of antihypertensive drugs in combination with antidepressants is constantly growing. It seems that it is very easy to observe their effect. Blood pressure is measured with a tonometer. Blood pressure decreases, but the number of complications does not decrease. People after a stroke and heart can confirm this. We came up with a revolutionary idea. We work with baroreceptors and the extended spinal cord. These structures create an ingenious regulatory system. Spray five sprays into your mouth twice a day. We repeat the treatment every six months of using Hyperten. Do not forget to check your blood pressure at home.

MUDr. Josef Jonas



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Environmental toxins and prenatal development

Text: Wioletta Strzałkowska, Foto: Pexels.com

We have no doubt that environmental toxins affect humans, and they are particularly harmful to the developing embryo. It develops in the environment provided by the mother's womb. Circulating blood carries toxins throughout the mother's body, including the uterus.

The blood circulates not only toxins, but also information, which is no less important. The mental state of the parents and the emotional environment of the family therefore affect the embryo. Material toxins are not easily filtered out by the placenta, but psychological toxins are not. When preparing for a healthy pregnancy, it is necessary

Chemistry in breast milk

As of September 2009, there were 50 million chemicals registered in the Chemical Abstracts Service database. Of course, we don't usually encounter that many.

artificial, pesticides, perfumes, household chemicals or cosmetics. Among the toxic metals in infants and small children we find cadmium and mercury. Cadmium is considered a carcinogenic metal and causes damage to the kidneys, bone marrow, testicles and ovaries. It can also damage the placenta and fetus.

Beware of mercury

Mercury can also cause many health problems, including genetic damage to the fetus, mental retardation, developmental disorders, mental abnormalities, epilepsy or seizures. It enters the body through inhalation, ingestion, through the skin or through the placenta. It is the most toxic non-radioactive element. Even small amounts of mercury damage neurons. It forms various compounds, has mutagenic properties and damages the genetic program. In food, mainly sea fish, mercury is converted into methylmercury, which is non-toxic to large fish. But in humans, the methyl group decomposes and mercury is toxic. In some countries, pregnant women are not allowed to eat sea fish, which also contain dioxins, steroids and other sex hormones. These can then lead to problems maintaining a pregnancy. Fortunately, there is a solution. Chemicals are removed with **Dechem**, metals with **Met**, the intestines - with **Mun**, **Tox** and **Col**, and the gynecological system with **Gyn**.



eliminate infectious foci from the blood in the uterus, the lymphatic system, the kidneys, the bladder, the intestines and the intestinal microbiome. In addition, there is the woman's psyche and external environmental factors. It is impossible to list all mothers' burdens, but we can focus on those that occur most often.

The actual number of everyday chemicals is about 80,000. However, their occurrence in mother's milk, to which the child is exposed from the first moments of life, is worrying. About 300 chemicals of environmental origin have been detected here. These include plastics

Almond buns - a great substitute for cereal bread

Text: Mgr Eva Jonášová, Foto: archiv

Almond flour is made from peeled, blanched almonds. It is ideal for anyone who follows a gluten-free diet or a low-carb diet, the so-called Low Carb diet. That is why today we will make wonderful almond rolls from this flour.

Many people have recently started baking bread, but homemade rolls provide an even wider field for their own baking. It is even so wide that in many cases you can do without the traditional ingredient of classic bread, i.e. cereal flour.

To prepare, we will need:

70 g almond flour
30 g flax seeds
10 g psyllium
150 g lukewarm water
1 teaspoon baking powder
(phosphate-free – DM)
Himalayan salt

First, pour lukewarm water over the psyllium and leave it overnight. A thick gel will form, which will serve as a binder. Mix the remaining ingredients and combine them with the psyllium gel. With moistened hands, form rolls from the dough, which we place on a baking tray lined with baking paper. Bake for about 50 minutes at 180°C. Then leave to cool in a turned off, half-open oven so that the resulting rolls do not lose their shape. Enjoy your meal!



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I read it for you

After a long search for what plastic does to the human body, the first scientific papers are appearing. We are mainly focusing on mi dropstick. Scientists took fatty plaques from the arteries of people suffering from heart disease and found that in half of them they were contaminated with polyethylene and polyvinyl chloride particles. In these people, the risk of heart attack or stroke was five times higher. The number of cases of heart failure is increasing alarmingly.

The cause is known and it is called covid. Now it is only necessary to distinguish whether it is the vaccine or the virus itself. We have no doubt about it. Who is not tired, as if he were not. Millions of people in the USA suffer from chronic fatigue. CFS means at least six months of constant exhaustion that does not subside after rest. They say it is an exaggerated reaction to an infection, probably after covid. American neurosurgeon and thinker Karl H. Pribram was born 105 years ago.

He described the holographic brain-mind connection. The whole is embedded in each of its parts. The theory of detoxification draws from his teachings. Nostalgia and memories strengthen relationships. Talk to your partner often about how beautifully everything started for you. You will like yourself more and be happier. The flu increases the risk of heart attack six-fold. It is said that the virus makes the blood more viscous. An Australian company has grown mammoth meat in a laboratory, which is supposed to be a way to make artificial meat. It is said that the first in line is the Japanese quail. In the Czech Republic and Slovakia, during Covid, the number of people resistant to antibiotics has increased by 20 to 50%. At the same time, 500 people die each year from ATB-resistant infections. The new drug kratom is obtained from the plant *Mitragyna speciosa*, which is close to our situation. Psychiatrists are experimenting with it to fight depression and fatigue. Indigenous people of Southeast Asia chew the leaves regularly.

It dulls the pain and causes euphoria. The effects are similar to cocaine or methamphetamine. Drinking 2 liters of water a day is a waste of time. New studies show that 1.5 liters of all fluids combined is enough. No one knows where the current fluid recommendations came from. You get half of the fluids you need from regular food alone. There are residual amounts of drugs, medicines and hormones in the sewage. Viruses and nanoplastics are also monitored. None of this can be removed by filtration. I will add that the water also contains vitamins, minerals and substances derived from medicinal herbs. So take your pick. Zinc deficiency increases aggression. Due to the condition of the Czech intestine, we are all low on zinc and that is why we get so nervous.

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