

e-newsletter detoxification and immunoactivation by M.U.Dr. Josef Jonáš



About the wolf and the goat

Alternative means "possibility", waiting for its chance, a view from the other side. However, alternative medicine has never been recognized, registered or taken into consideration by anyone. Official medicine does not even want to hear that it may have siblings somewhere, even half-siblings. When natural medicine reigned, then chemistry was born, which murdered natural siblings and that was it. Like in ancient Rome or Egypt. Statues were torn down, books were burned, the name had to be spoken quietly. Alternative medicine became an ugly word, a synonym for rebellion. It did not really die, it simply went underground.

One of my patients, a doctor, was monitored for many years for a rather serious defect of the tricuspid valve. During the last check-up, the defect disappeared. Modern medicine does not know of such a thing. No one picked up the phone and called. If it is not possible, we will not deal with it. We would still be ridiculous. Thanks to fifty years of socialism, we have undergone an interesting experiment. In the 20th century, there was alternative medicine, then it was gone, and then it is again. People loudly welcomed Her resurrection. The state was frightened - doctors warned. Articles by servile journalists swarmed like flies. Be careful people, danger lurks in the form of healers, therapists and other frivolous people.

After a few years of propaganda, people are really paying attention. Doctors and the state don't have to worry about their dominance. Articles about healers have disappeared. It's quiet on the sidewalk. People have invented this in a subtle way. One day you go to the doctor, the next you go to the hospital for a checkup. Doctors examine, insert tubes, X-ray, ultrasound, analyze, and healers heal. They have their herbs, homeopathy, diets. Everyone is happy. Pills with herbal extracts are taken, wounds are smeared with mysterious balms. The world of advertising is simply flourishing. Everything sells. We have 100 kinds of dietary supplements at home. That's how it should be. The wolf ate itself, and the goat remained whole.

MUDr. Josef Jonáš

The structure of immunity

Text: MUDr. Josef Jonáš, Foto: Pexels.com, tłumacz: Antoni Zieniuk

I have been dealing with the issue of immunity for decades and there is still much to discover. Especially when you experience the helplessness of doctors in crisis situations that can only be solved by immunity. People have created new norms – a few infections a year and a few boxes of antibiotics.

The goal of immune system detoxification is to achieve a state completely free of unwanted infections. This is not utopia, although many factors affect the functioning of immunity. The path to this ideal does not lead through vaccines, vitamin D, zinc, probiotics or masks. The doctor who prescribes the most antibiotics should receive the minimum wage. Immunity itself is essential for the survival of all organisms. The more complex the system, the more flawed it is.

I am not talking about the growing number of allergies or autoimmune diseases. We have enough knowledge to bring a new concept to the fight, and maybe even reverse this unfavorable development.

ka i żołądek. Dlatego nie tak ważne jest analizowanie każdego kęsa, ale zrozumienie, dlaczego te narządy nie spełniają doskonale swojej funkcji. Wrogów jest bardzo dużo, dlatego odporność trzeba stale szkolić. W dzieciństwie trening zapewnia grasi-

A New Concept of Combat

Once upon a time, natural selection ensured the selection of strong individuals. We all want our children to be healthy, to avoid cancer. We want to look good and be active into old age. All these are the main tasks of the immune system. It is divided into cellular and humoral immunity. Each has different tasks. Their control systems are located in different parts of the brain. Therefore, you cannot give a simple content and assume that everything will be solved. At least two dozen different substances must interact with each other. The activity revolves around the treatment of cancer. The immune system is very well prepared to fight it. But only up to a certain point and under certain conditions. This is the way.



Why Organs Don't Work

Like all physical and mental processes, immunity can be disrupted by stress and negative emotions. The crucial organs are the bone marrow, small and large intestines, spleen, lymph, lungs, stomach, pancreas and, of course, the brain. A person is not what he eats, but what he uses from his diet. This is decided by the intestines, pancreas

later intestinal Peyer's patches. We can therefore say that the state of the intestinal microbiome is responsible for 60-70% of immunity. But we need 100%. This requires the cooperation of the entire orchestra. It may happen that immune cells are attacked by various viruses. We encounter this more often than we think. The fight for the quality of the immune system then takes on a different dimension.

Not just the gut microbiome

Text: MUDr. Josef Jonáš, Foto: Pexels.com, tłumacz: Antoni Zieniuk

If we had a detox committee, they would find that 90 percent of us are dealing with our gut microbiome. The vast majority of health problems are related to it. But for detox, it is also important to know other organs and preparations.

Serious and deadly toxins can also be found in the heart and vascular system. Hospitals are full of patients with heart failure and clogged arteries, from infancy to old age. These people do not come to us because they have sudden, unexpected problems. We have only one preventive option - **Corcirk**, **Vak** and **Emotion**.

Profitable investment

The spleen is the organ of thinking, but not positive thinking. These are intrusive thoughts that we cannot get rid of. The Liencirk preparation is discreet but beneficial. Among other things, it affects the formation of blood. The more blood, the more chi. An overpopulated globe and the desire for success are also sources of a large amount of toxins.

It is also essential to pay attention to your diet. If it is meat, it should be of good quality, never from a wholesaler. Pesticides in vegetables are also not a hit. Managing your own life is not a profitable activity, but it pays off. It is said that artificial intelligence has written that in the next ten years 80% of people will die. Only the smartest will survive. Self-confidence and self-control are therefore investments that pay off.

Stomach, pancreas, lymph

The preparations Gas for the stomach and Pan for the pancreas will not only relieve pain, but also restore vitality. The world is full of hatred and malice, which accumulates in the liver and gallbladder. It is responsible for our nervous hypersensitivity. An aggressive child is also a coward. The liver ensures the flow of all fluids in our body. The opposite is stagnation. Hepcirk is a basic preparation that cannot be missing in our arsenal. Rescirk is a preparation for life, something like air. It is said that half of children in the US take antidepressants. At the same time, they cough, wheeze and suffer from asthma. That is why lung detoxification is important. Especially when we combine Rescirk with the preparation Lymmex. There are two systems without which detoxification cannot occur - the lymphatic system and the glial system. Lymmex is used for all tissues washed by lymph. Glia is the basis of Brain, Veg and Penev. The kidneys remove most toxins from the body. These, along with the urinary tract, are cleansed by URCIRK. I recommend drinking herbal cleansing teas at the same time.



Lymphatic system detoxification

Text: MUDr. Josef Jonáš, Foto: Pexels.com, tłumacz: Antoni Zieniuk

I don't know anyone who hasn't heard something about lymph. But I know very few people who know exactly what lymph is. There are books about it that are hundreds of pages long. The lymphatic system is really connected to everything.

Our body contains a lot of fluids, which make up 80% of our body weight. Everyone knows about blood and circulation. Few people suspect that the body has a different vascular system, but it does not have a heart. But there is a difference in blood and lymph. There is no lymph in the nervous system, but blood is essential for it because it carries oxygen. In turn, lymphocytes, cells necessary for cellular immunity, float in lymph. Blood contains erythrocytes used to transport oxygen, platelets responsible for healing wounds, and leukocytes and white blood cells.

Liquidation and creation

Lymph bathes every cell in our body except the nervous system. No detox works when the lymphatic system is not working well. And unfortunately, this happens.

All external and internal toxins float in it. We know that blood can be affected by various diseases, but lymph as well. Blood cells and lymphocytes are produced in the bone marrow.

Have you ever wondered how it is possible that the number of these elements should be constant? The spleen removes old and worn-out blood and lymph cells. It counts the discarded ones and gives instructions for creating new ones. The lymphatic trunk is divided into lymphatic vessels, blood vessels, capillaries, and capillary networks, which are so thin that barely a single lymph cell can pass through them.

Lymphocytes push it through the cells to get back into the capillaries. Gradually they combine into stronger lymph vessels.

Breast Example

People like lymphatic massages because the skin, subcutaneous tissue, and adipose tissue contain lymphatic vessels, blood vessels, and capillaries. But who reaches the pancreas, intestines, or heart? The limbs also have superficial and deep systems. If there are a lot of toxins, they accumulate in the appropriate tissues.

Unsecreted toxins cause inflammation in their surroundings, a tragic example of which is the female breast. Lymph is the material for the production of breast milk, which is why the mammary gland must be richly woven with lymphatic channels and nodes. And since toxins today include many carcinogens, it is not surprising that breast cancer develops in women. Instead of mammography, scientists should focus on restoring the perfect function of the lymphatic system of the breast. Pain, deformities and changes in the lower limbs are also caused by the deteriorating work of the lymphatic system. It is worth mentioning much more about lymph. Perhaps what has been written so far is enough to understand the **Lymmex** preparation.



Toxins and prenatal development

Text: MUDr. Josef Jonáš, Wioletta Strzałkowska, Foto: Pexels.com, tłumacz: Antoni Zieniuk

The main source of mercury is our teeth, which are contained in amalgam fillings. The European Union has already set a date for the ban on these fillings. But for many years to come, people will be running around the world with amalgam in their mouths.



Released mercury can harm the fetus, especially in the first three months, through changes in DNA. Women who are pregnant or planning to become pregnant should not replace amalgam fillings with composite fillings. When replacing fillings, more mercury enters the body. This can cause damage to the fetus in terms of intellectual disability and autism spectrum disorders. It enters the placenta. Fetal development is very rapid and sensitive. Therefore, we never really know whether the symptoms in a child or adolescent would be different if some of the thousands of toxins were not involved in brain and tissue development during pregnancy.

Cosmetics and medicines

Even something as trivial as women's cosmetics can do a good job of cleaning up. Cosmetic products are rigorously tested, but long-term accumulation of even seemingly harmless substances can be dangerous to a sensitive fetus. The skin is an organ through which drugs and toxins can enter the body. For example, the body uses magnesium much better from a bath than from tablets. Many products contain substances that disrupt the functioning of the endocrine system, so they can cause hormonal disorders.

If there is something in your cosmetics that you wouldn't eat, don't even put it on your skin. Another toxin for newborns is medication. It is currently estimated that 40% of children take antidepressants. In the case of adults, this is a much wider range, including contraception and antibiotics. It is worth adding that even those who don't take anything, drink medication in their drinking water, because it is impossible to filter it out. In fish populations, spawning disappears due to female hormones in the water.

It is therefore possible that hormones also affect the sexual development of the human population.

Sand in the Engine

Another problem may be electromagnetic radiation. This short-wavelength, high-frequency radiation easily penetrates concrete, not to mention the mother's body. As a result, it leads to overheating of tissues and damage to mitochondria and DNA. The effect may be a permanent decrease in sperm count, a decrease in sex hormone levels, or a decrease in libido. Since we do not have a control group, we cannot say for sure. However, emotions and stress are serious toxins. The laws of quantum physics prove that energies interact with each other. A person is energy, as are emotions and stress. The presence of toxins is like a handful of sand thrown into the finely tuned engine of life. Therefore, always think about toxins, which, thanks to Marion, we can eliminate.



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**Translated to
English & Polish**



SCAN ME



Zucchini and salmon roll

Text: Mgr. Eva Jonášová, Foto: archiv Evy Jonášové, tłumacz: Antoni Zieniuk

Zucchini rolls are a great choice for parties. This exceptionally fresh food, which will provide enough protein, is a great option to offer guests something they have not eaten before. If you also play with serving, success is guaranteed.



First, grate 500 g of zucchini, add salt and leave to “sweat” for about 15 minutes. Use a cloth to squeeze out excess water, add four eggs, salt, a handful of grated parmesan and a tablespoon of psyllium. Mix everything well.

If you like, you can add nutmeg or other favorite spices. Spread the mixture on a baking sheet lined with baking paper and bake for about 30 minutes at 180 degrees. After cooling, the baked cake

spread with sour cream or Lucina (thermized cream cheese, you can also buy it in lactose-free version). Put lettuce and slices of smoked salmon on top. Roll the dough, leave for about an hour and cut.

MARION



I read it for you

The healthcare industry in the Czech Republic is facing serious threats and difficult prospects. This is what the Minister of Health Vlastimil Valek said. The ministry will face unprecedented challenges over the next two decades. Many have long suspected this prediction. 70% of Czechs report sleep problems. One fifth of the population solves this problem with the help of experts. Detoxification sometimes helps, sometimes not. We do not know a guaranteed recipe for sleep. Not yet. Every Czech consumes an average of 87 L of water per day. It used to be even more, as much as 100 L, which is equivalent to 200 beers. In the worst case, we will bathe in beer or donkey milk. There are a lot of donkeys. The happiest country in the world is once again Finland.

The ranking was prepared by the UN. The Czech Republic is in 18th place, Slovakia has dropped to 45th place. 143 countries were assessed. Ticks from the park are more contagious than those from the forest. Even three times. Every second tick is infected with at least one of five bacteria. In addition to Lyme disease, they cause relapsing fever, anaplasmosis, ehrlichiosis, rickettsiosis and leptospirosis. Lyme disease occurs in 26% of urban ticks. At the same time, the State Veterinary Institute in Prague offers discounted PRC tests. Until June 30, ticks can be sent for tests for Lyme disease and tick-borne encephalitis.

The price is 1500 CZK. If you like flowers in your apartment, but you lack light, do not despair. There is philodendron number one. It does not need light or soil, just water. It also has a nice green color. You can also try anthurium or the widespread zamioculcas. The alarm on the Czech reservoir caused the infection of 10 thousand children. The infection is called whooping cough. Considering that about two million children under 15 live in the Czech Republic, this is 0.5% of those infected. Death occurs even 20 thousand times less often. Nevertheless, I believe that current scientific institutions are able to develop a vaccine against these threats in the interest of profit. Especially when it is sold.

MUDr. Josef Jonáš

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