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e-biuletyn detoxification and immunoactivation MUDr. Josef Jonáš



Potrzeba niebinarna

I was an avid reader of historical novels from ancient Rome. I was fascinated by the world of vice. It was very far from the reality I lived in. I felt like the world was going on and on in a straight line. I ignored the lessons of philosophers who said we were going in a circle, or rather a spiral. Until I saw a strange sign on the toilet door referring to the three sexes. Before it was written WC and a simple symbol of a man and a woman.

I remembered standing lost in front of this room in Hungary, not knowing how to say "man and woman" in Hungarian. But I managed. I also remembered the story of a friend of mine who was taken from the men's room because he resembled a woman with his long hair and delicate face. In short, certain spaces were designated for certain activities. In my youth, I imagined how cars, airplanes, houses, and typewriters would develop.

I had no idea that the toilets would be changed. Remember the word "non-binary", which means neither male nor female. Recently, the gymnasium in Plasy created toilets for the "other sex" to make students feel better. The problem is that even ancient Rome did not survive the period of moral decline for long. It was invaded by hordes of savage tribes from the north. Spirals of history. Today, there is no danger from the north, the migration waves are from Africa. We will solve this, but it is useful to know where to go to the toilet.

A problem called eczema

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

I don't know where the word eczema comes from, but I can tell you something about this problem. It is an inflammation of the skin treated by dermatologists. They mainly use ointments with different content of medicinal products. The most popular are those with cortisone.

Eczema skin is unpredictable, it reacts differently to everything possible. Most substances are absorbed very well thanks to it. The problem is that the substances contained in ointments and creams do not solve the cause of eczema, only the effects.

Precise targeting

Most eczema is associated with the word atopic. Atopy is a type of allergy, but with different parameters, causes and place of origin than classic allergy. This information is essential for using Marion sprays. We precisely direct the action of our preparations to where the health problem occurs. Today it is quite clear that eczema has a cause inside the body. But contact eczema also occurs, resulting from contact with an allergenic substance, for example nickel or poisons. The cause of eczema is a set of disorders in the human body. It is not a single problem, so treatment must be comprehensive. The skin is also an immune organ, protecting the body from the penetration of microorganisms. The skin is especially important in children, so they should be thoroughly bathed daily to wash away toxins. A large source of toxins in the skin is the colon. Especially in children, intestinal microbiome disorders are the number one factor. The problem is that giving probiotics is nonsense for a sick microbiome. They are only effective in cases of milder, temporary illnesses. After all, in ancient Chinese medical philosophy, the skin is associated with the intestines.

Patience is required

Experts know that the intestines are a pair with the lungs. Absorption of dozens of essential substances, such as silicon, sulfur, and vitamin C, is the alpha and omega of skin quality. Another important system for the skin is the lymph. We know about lymphedema and suspect that lymph enters the subcutaneous tissue. The toxins contained in it logically burden the skin. Perhaps the most important is the functioning of the immune system, because toxins from the environment and microorganisms such as viruses, Borrelia, and fungi enter damaged skin.

Physiological cleansing or pathological inflammation occurs. It is therefore clear that we must proceed systematically, gradually, like a hunting dog that tracks its prey. Success will come if we are a little patient. Eczema in children can be eliminated very easily. However, with chronic, long-term eczema, we must expect detoxification lasting months or years. We start the treatment with Mun, Tox, Elerg and Cut. We continue to measure the skin and check the psyche. We also track foods such as milk, wheat, eggs and others.



Guide to Wealth

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

The money is lying on the ground, all you have to do is bend down. All you have to do is convince an allergy sufferer or a person suffering from eczema that they should buy Elerg. Allergic rhinitis affects 2.5 million Czechs, asthma affects one million, eight hundred thousand Czechs suffer from atopic eczema, four hundred thousand have food allergies.

The number of people suffering from allergies is growing every year. The World Health Organization predicts that in five years half of the population, or more than 5 million people in the Czech Republic, will suffer from some form of allergy. If you make a hundred on every product, you will be sunk. But it is not that simple. Those of us who deal with detoxification know that certain areas of the brain are responsible for allergies.

The hope for success can be increased by combining it with the Mun and Tox preparations or with the Rescirk preparation.

The solution is easy

In terms of immunity, Elerg complements Mun, especially in terms of humoral and mucosal immunity. This is often the decisive combination. The results are dazzling and give us self-confidence. Conversely, depression can occur when we see the consequences of antibiotic treatment, mainly the massive spread of allergies and weakening of immunity.

But we can express the effectiveness in 90%. The rapidly growing incidence of allergies can be attributed to the blockage of the glial system. Vaccines, antibiotics, stress or microbiome disorders can cause it to malfunction. All of this and many other things disrupt the program of the relevant brain structures.



We will increase our hope for success by combining it with Mun and Tox or with Rescirk. **The solution is easy.**

In terms of immunity, Elerg complements Mun, especially in terms of humoral and mucosal immunity. This is often the decisive combination. The results are dazzling and give us self-confidence.

The solution is also easy, supported by a number of successes. Of course, you can meet a client who burns you out, because there are many toxins and in many varieties.

Other burdens

If the Acuport test shows atopic eczema, the parietal lobe alone will not be enough. We will also measure the adjacent cortex of the insular lobe and, above all, the skin burden, mainly microorganisms. The combination should then be Elerg, Cut, Mun and Tox. In chronic eczema, we usually have to look for other burdens. It is certainly not a simple allergy. Perhaps only in the case of food allergies. However, we must distinguish between intolerance and allergy. Intolerances also require Brein and Meta preparations, of course in combination with diet. The basic bad food is cow's milk and its components - casein, possibly casomorphine. In the case of the nervous component, it is also necessary to check lactose. Here it is worth measuring the percentage functionality. Therefore, we work either with a complete prohibition or only with restrictions. In addition, asthma is rarely only allergic asthma. It is usually a combination of the vagus nerve and allergy. Vondr and Hepcirk glial preparations are a significant help.

Should we be afraid of radioactivity?

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

I have been working with Reinhold Voll's device for forty years. This German doctor and his friend Fritz Kramer assembled a device for measuring the value of acupuncture points. But the original idea was completely different from its current use.

With the EAV device it was possible to discharge or charge acupuncture points according to the measured values. Probably by accident, Dr. Voll discovered in his office that the device did not react to various substances, drugs or homeopathic medicines introduced into the electrical circuit. The EAV device continued to develop from a technical point of view into its current form.

Preparations are not universal

The origins of the method date back to the fifties of the last century. It had and still has many fans, mainly in Germany. It was used mainly by dentists, who contributed to great progress in the field of dental materials. Many problems were caused by toxic amalgams, which were gradually withdrawn. Based on the combination of modifications of this device with a computer, I developed a detoxification method. Thanks to many years of practice, I came to the conclusion that toxins are behind almost all health problems. Gradually, I began to work with several thousand toxins and developed preparations targeting both individual toxins and individual tissues and organs. Preparations are not universal. Specific tissue requires detoxification. Thanks to the properties of the EAV device, it is possible to check whether the removal of toxins has actually occurred. The results achieved with this method are admirable. However, its professional use requires many years of study and practice.



Poisonous air

About half a year ago I started to detect radioactivity as a toxin very often. It used to happen only sporadically, now it happens in 90% of cases. The most common findings are strontium and cesium. On the pharmaceutical market there is a drug called Radiogardase, which removes cesium. About thirty years ago a man came to me with blood cancer. After finishing treatment with this drug, his blood count returned to normal before starting chemotherapy. Since then I have used Radiogardase several times. I developed a detoxifying preparation Radex, and at the same time I use a preparation Salur, directed against biogenic salts. You can see that both burdens are related. One of the clients, a doctor, also meets with a Chinese therapist. He told me that the Chinese breed carrier pigeons. They used to fly as far as 700 kilometers, now they disappear after 200 kilometers. "The air is poisonous," he said. I have the same knowledge. I have no doubt that throughout history there have been many gene mutations under the influence of radioactivity, for example after natural disasters. Even today, not all people are equally open. But radioactivity is a very significant toxin.

Focused on the psyche

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

The word psyche is a very broad and vague term. According to modern medicine, these are processes that occur in the brain. These processes that occur in the limbic system, the part of the brain responsible for emotional processes, are necessary for a sense of happiness in life. We suspect that it is not that simple.

A neglected autonomic nervous system fundamentally disrupts the sense of health. However, it too is controlled by the brain through the nerve trunk (truncus sympathicus). The adrenal glands also disrupt this system, at least through the production of catecholamines.



We also know from neurophysiology that the brain, and specifically the limbic system, requires a number of substances to function properly, many of which are found in food.

Organs and emotions

The saturation of the body with these substances depends on two factors. First, they must be found in food. This requires a very varied diet, including about 120 to 130 food products. The second important factor is whether they enter the body at all. Among other things, the ability of the intestines to transport food content to the circulatory system and deliver the necessary substances to the cells is reduced. The enteric nervous system plays an important role in the production of substances important for the functioning of the nervous system. These are nerves completely unknown to the layman - Meissner's plexus and Auerbach's plexus. A similar significance is the cascade of events occurring between the hypothalamus and the neuro pituitary gland. This is a substance called oxytocin, but also endorphins, which only illustrate the complexity of the concept of the psyche. If our view is truly comprehensive, we must also include the view of ancient Asian medicine in the concept of the psyche.

Philosophers and physicians of ancient China considered the psyche to be an important element of health. They created a basic pair of organs, all of which transmit emotions at the same time. Today we have no doubt that the heart, for example, is damaged by emotions related to fear and stress. The problem is that psychologists do not know how to work with this fact.

The basis of our work

Detoxification accepts the thinking of ancient China. The development of the human psyche is extremely complex. The brain is an organic matter of exceptional development. Its basic functions are controlled by genes. The gene system has undergone ten million years of evolution. Emotions protected primitive man and animals from dangers. They reported threats, activated the functions of the body. Today, along with feelings of love, they are an obstacle to the existence of society and the family. The development of the limbic system begins as early as the 32nd week of pregnancy. It has been proven with complete certainty that, in addition to the growth of the brain driven by genes, this exceptional organic matter is programmable. One day, computers will not be made of silicon, but of organic matter similar to the brain. Our psyche is a mixture of organic errors caused by toxins, genes and programming errors. I could list many preparations. After all, psychosomatics is the basis of our work.

Diets and poisonous foods

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

There is nothing more interesting than looking back. In this case, how diet has developed, or rather not developed. Ayurveda divided diet according to its typology, while ancient Chinese physicians divided it according to Yin and Yang. However, food has always been fundamental in the treatment of the patient.

Japanese macrobiotic Michio Kushi tried to revive the principles of ancient Chinese dietetics. It was a wonderful and very effective dietology, unjustly forgotten. At the end of the last century I sold as many as half a million copies of a macrobiotic cookbook. I was not alone. Lenka Kořínková broke records with her "flower" and "animal" cookbooks. But time has erased everything.

Allergies and intolerances

Today, recommendations are interwoven with recommendations. Eat a lot in the morning or not at all? When waves of pre-historic cultures swept across Europe, humanity had to survive by eating meat from wild animals, wild plants, milk, oil and grains. Unfortunately, we will not return to the original foods. The wave of farmers that flooded Europe aroused enthusiasm for breeding, which is why today we certainly do not eat the original plants and fruits that humanity has used for thousands of years. It is worth considering whether the names of individual dishes correspond to what we understand by them at all. Currently, we deal with various allergies and intolerances. Allergies mainly concern casein milk proteins, less often other foods. Intolerances have a wider scope: casein, gluten, eggs and others. It is worth doing tests on proteins. The brain reacts to them with inflammation.

The problem with lactose

A unique separation is milk sugar (lactose), which is identical for all types of milk. The gene that controls lactase production in the pancreas often becomes disabled in adulthood. As a result, unprocessed lactose enters into the intestines and all other tissues. Where there is sugar, there is mold. Not just yeast, but hundreds of other dangerous molds. Lactose gets into the muscles, ligaments and brain.

They stay in place until the immune system receives the order. If we find that we hate a certain food or do not feel like eating it, we need to start the detoxification process. Products such as **Meta**, **Mun**, **Salur**, **Elerg** and **Brein** are designed to eliminate allergies, intolerances or food residues that the body cannot handle. I should point out that there can be a lot of them.



Typically, pain does not respond to any treatment. The only solution is not to consume lactose and gradually eliminate it from the body using Marion preparations. At the same time, it is a mistake to believe that toxins stored in the body will be removed by diet alone.

Light cheesecakes

Text: Mgr. Eva Jonášová, Foto: archiv

Cheesecakes are still one of the most popular desserts, and fresh, homemade ones always taste the best. They are suitable for celebrations, weddings or just as a nice snack. At the same time, they are not difficult to prepare.

To prepare you will need:

- 50 g oat bran or oat flour
- 250 g cottage cheese (maybe also lactose-free version)
- 1 teaspoon baking powder
- 1 egg
- 1 tablespoon psyllium
- 2 tablespoons coconut sugar

Filling:

- 100g vanilla-flavored natural yogurt or vanilla sugar
- 1 tablespoon blueberry pudding

Crumble:

- 2 tablespoons oat flour (if using bran, it must also be finely ground into the batter)
- 1 tablespoon coconut sugar
- 1 tablespoon ghee (can be replaced with regular butter)

In a bowl, mix oat flour, coconut sugar, cottage cheese, baking powder, psyllium and eggs. Knead the dough until it is slightly sticky. Make eight portions and fill them with the yoghurt filling (see filling ingredients). Brush the edges of the cookies with beaten egg, decorate with blueberries and sprinkle with breadcrumbs. Bake for about 30 minutes at 180 degrees.



MARION

I read it for you

Junk food at a young age damages the brain. Scientists fed young rats a fatty and sweet diet. They found that their memory does not work in adulthood. The impact of sweet and fatty foods consumed during adolescence affects memory. Its defect will not be removed in adulthood. Alzheimer's disease is an extreme memory disorder that affects 55 million people worldwide. And in the next 20 years, this number will double. Every tenth young adult admits to experiencing symptoms of severe depression. 16% have moderate symptoms. The study was conducted by Charles University. An increase in the incidence of cancer has been noted in young people aged 25-50. The reason is the growing disorders of the gut microbiome, chronic inflammation caused by changing eating habits. The increase is significant. Fewer children are born than ever before. People are changing their way of life under the influence of modern technologies.



There is less room for sex and relationships in general. Scientists have found herbicides, mainly glyphosphates, in most semen samples. During the period of the increase in the number of whooping cough cases, 6 people died. The space in the newspaper devoted to whooping cough could have been devoted to other problems that kill many more people. Bacteria in water kill. This year, 23 people died. Legionella is the most involved. It causes severe pneumonia. You can get infected not only with water, but also with garden soil. When you go on vacation, to be safe, run the water out of the shower when you return. 30,000 Czechs are treated for alcohol addiction each year. 15% of men drink riskily, women are already catching up. We wanted emancipation, so we have it.

MUDr. Josef Jonáš

The holidays are almost here, so celebrate love, joy and carefreeness. Of course with Marion products. Wishing you a beautiful summer from the married couple Jonáš and Peleška.

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