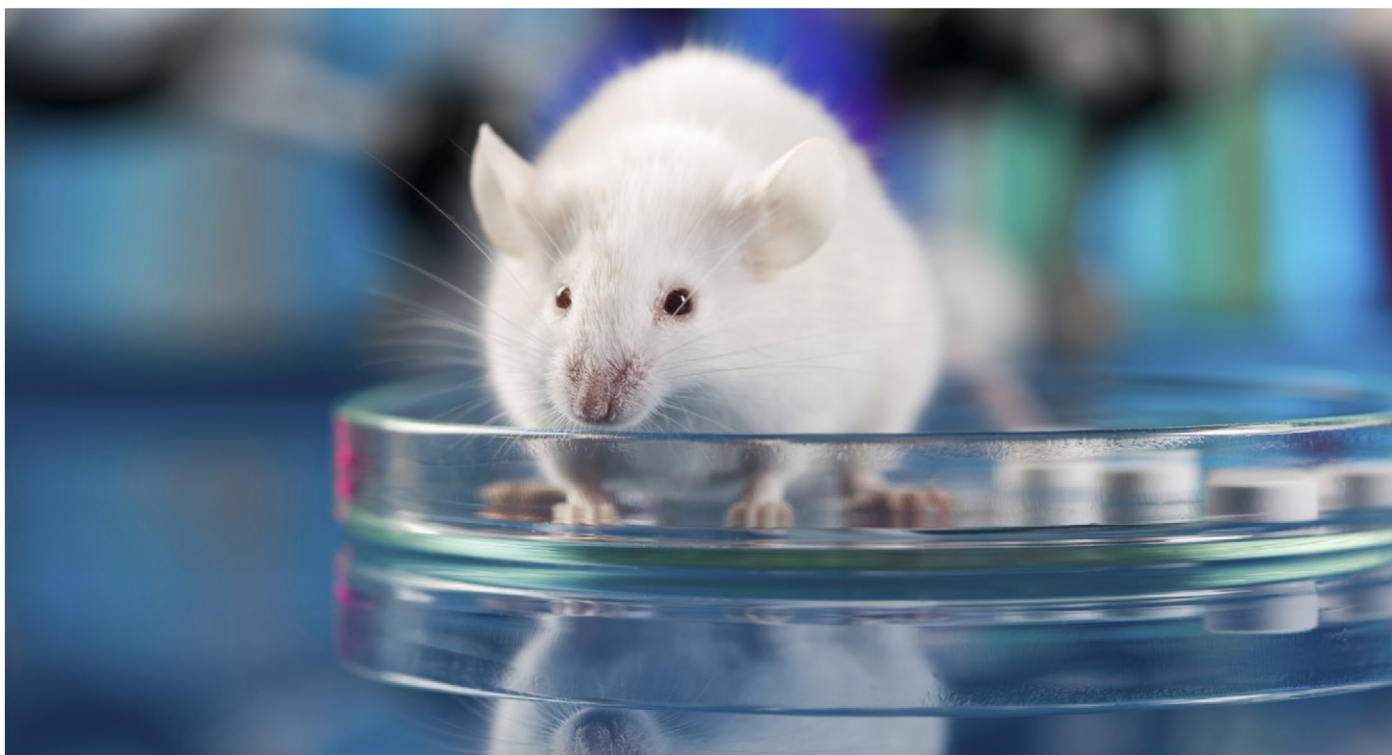


e-bulletin detoxification and immunoactivation MUDr. Josef Jonáš



About mice and men

I came across an article the Publisher I find it very interesting, so I'm including it in our newsletter. For many, it will explain a number of otherwise inexplicable social phenomena. Describes an old study by an ethologist John B. Calhoun, which is often referred to as the scariest study in history. He can predict the fate of our civilization. What is it about? There were four pairs of breeding mice in a giant terrarium. They had enough food and water, so they reproduced well. After 315 days it was there there were already 620 of them. They were all crowded in space from which it was easiest to get food. Isn't this similar to migration waves when everyone heads to Europe or the USA? Although food and space were calculated for 3840 mice with just 620 individuals, the population explosion slowed and changed the mouse's behavior also changed. Were more aggressive, grouped, they fought among themselves. Young born in this chaos they had problems with behavior and raising their own young. When the population reached ca. 2,200 individuals, breeding stopped for good. The males were no longer interested mating, adults were aggressive towards young people, their behavior increased sexual, pathological phenomena were spreading. Eventually the colony died out despite the abundance of food and water. The strange thing was that degenerate individuals cared too much about themselves they took care of their fur. A man is not a mouse, but after reading about Calhoun's trial, you can get chills. This is not about science fiction, but about ethology, i.e. science about animal behavior. Similarity to human society is probably weakening. It's possible, though not very.

Connecting organs with emotions

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

Corcirk, Col, Hepcirk, Liencirk, Gas, Pan, Urcirk, Gyn, Prost, Rescirk.

The above-mentioned preparations are the basis of our detoxification medicine.

There are several reasons. The organs responsible for regulation are essential, and their failure is life-threatening.

It is very important to preventively remove toxins. Detoxification of already diseased organs is complex and we are not sure that the body will fully recover. Since our method is a combination of several medical trends and approaches, we also look at the organs from different points of view. By detoxifying them, we gain more bonuses. For example, it has a significant contribution in the field of emotions. Let us list all the organs that traditional Chinese medicine considers to be essential for the flow of energy. These are the heart, small intestine to duodenum, liver, gallbladder, kidneys, urinary bladder, prostate, uterus, spleen, stomach, pancreas, its enzymatic part, lungs and large intestine. In all subsequent stages, preparations containing appropriate detoxification programs are necessary.

Five emotions

There are tables of connections between primary and subordinate organs in the literature. However, I have to say that it is not that simple. Relationships should be tested with Acupoint. Most of the more very surprising and somewhat great, like the lungs, intestines and skin. This is related to the five emotions, which are strongly and stably connected with them. The liver is bidirectionally related to aggression and anger, under the pressure of society (superego) it can

to self-destruct. The pressure of society is enormous, because it prevents free expression of emotions, which leads to psychosomatic health problems.

Aggression and auto-aggression are the dominant emotions of modern human society. They bring many psychosomatic diseases, including cancer and hypertension

The stomach, spleen and pancreas go hand in hand with worries and responsibilities. However, removing harmful emotions also involves the brain, where the anatomical structures of emotions are located. That is why we like to combine the appropriate preparations mentioned at the beginning of the article with Emotion and Tens preparations.

Many civilizations have already disappeared from history.



The Fight for Civilization

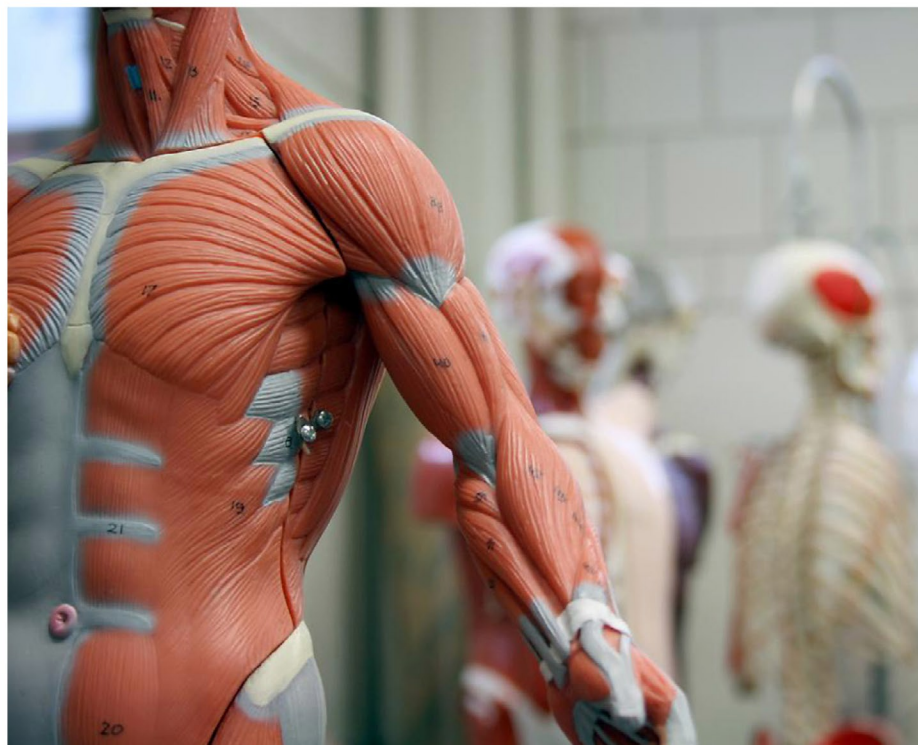
Anxiety is associated with the kidneys, bladder, prostate, or uterus, and depression with the lungs and colon. The heart is the source of fear and, of course, joy.

Each of them always fought for life, and yet lost. Their endings were characterized by various diseases and infections. Austrian philosopher Rudolf Steiner said that viruses are the product of cells destroyed by toxins. Detoxification may therefore be the fight for the life of this civilization.

Tissue Targeted

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

In detoxification according to MUDr. Josef Jonáš we look for burdened tissues and toxins. We have them processed quite well schematically. In our offer there are also available antitoxic preparations in the required quality.



At this stage, the egg is divided into germ layers: ectoderm, endoderm, and mesoderm. These give rise to four basic tissues: epithelial, connective, muscular, and nervous. All human organs are composed of their combinations

Four pieces of information

Epithelial tissue covers the surface of the body, lines body cavities and organs, glandular parenchyma, and sensory and embryonic epithelium. The lining of organ cavities is called the mesothelium (in the case of the heart, blood vessels, and lymphatics, it is the mesoderm). We measured the information about the "epithelium," we got all the data about this tissue, wherever it is located in the body. The body then selects the area that requires detoxification.

Some toxins are quite obvious and have their own specific preparations, the doctor doesn't even know about others, because they are in the composition of organ preparations (**Hepcirk, Corcirk**, etc.) and regulatory preparations (**Hyperten, Necho**). There are tens of thousands of toxins, but I think we've caught the most important ones. Sometimes you add a little, but these are not significant toxins, so you usually don't have to pay special attention to them

Four tissues

The situation is more complicated with tissues and organs. Popular in magazines, folk detoxification is very simple. We cook a healthy meal or swallow a vitamin pill, and the entire body cleanses itself of toxins.

Of course, it doesn't work that way. But we are also grateful for this approach, because it popularly draws attention to the need for detoxification. Our detoxification is based on 2 parameters: precise naming of the toxins and the most precise targeting of the tissue damaged by the toxin. The more precisely we define the target, the more effective the detoxification preparation will be. When developing preparations, we communicate with each other using anatomical terms. But we can also look at the human organism in even more detail. This is an embryological and histological concept. What is it about? After the egg cell is fertilized by the sperm, it gradually divides.

Connective tissue includes cartilage, ligament, bone, and fat. First of all, connective tissue is very susceptible to toxins. It occurs in practically all organs, so measuring the binder load is very important. Skeletal, smooth, and cardiac muscles are located under muscle tissue. It is characterized by the ability to contract in a coordinated manner and then relax again. Nervous tissue consists of central nerves, peripheral cardiac nerves and autonomic nerves. The basic building block here is the neuron. In this way, we basically measure only four pieces of information and learn a lot about the entire organism. We perform detoxification in the usual way, as we are used to. This is a very interesting control method of measurement, so it is worth learning it

What's New 2024: Marion Academy

Text: MUDr. Josef Jonáš, Ing. Evžen Peleška, Foto: Marion

For 2024, we have prepared several innovations in the field of education for you, which are particularly related to the desire to provide you with the most comprehensive set of information possible about the detoxification method of MUDr. Josef Jonáš.

The Marion Method is not just a collection of preparations combined with knowledge of the anatomy and physiology of the human body. It offers much more. Some of you have already seen its enormous possibilities and are working with them, others only have a feeling that this is a great thing, perhaps even of global importance. That is why we would like to offer you, if it is in our power, the most complete up-to-date picture of this unique method of detoxification in all real contexts. We plan to provide you with this information in order to gain a deeper understanding of the wide range of possibilities that this method provides us with. However, it is unthinkable to fit all this content into four to six hours of a one-day course.

AM 2024 AKADEMIE MARION®

Check and test

The number of participants is not limited, we will select appropriate places only based on all registered interested people. The event will always be held in Prague. Since these will be topics related to the practical implementation of detoxification procedures, all participants must have their own EAV device to immediately verify and test the information provided.

For a better understanding of all contexts, Marion detox supporters and therapists provide e-newsletters, articles and many video lectures with Dr. Jonáš on our website. New for 2024 is the expansion of the offer of support for therapists with plexi-glass sample stands, a card organizer, cards, a card tray and metal plates with representations of body systems according to the anatomical atlas in the offer.

Three two-day meetings

This year's novelty for all those who want to know more is a series of thematically related educational trainings called the Marion Academy 2024. A series, because there will be three two-day meetings. Two will be held in the spring, one in the fall. When explaining how to work with the system, we will always use information from previous courses. This means that the interested party signs up for all three trainings. We expect that during the second and third courses we will already be working practically with the materials presented in the previous lessons. As part of the Academy, we will also prepare sets of teaching materials and practical aids facilitating the application and understanding of the method in practice.



What's New 2024: Video Consultations

Text: MUDr. Josef Jonáš, Ing. Evžen Peleška, Foto: Marion

This year's novelty is not only a series of thematically related educational training courses called Marion Academy 2024. An important change also concerns the video consultation program.



The popular video consultations of MUDr. Josef Jonáš will now take place once a month, always on Wednesdays at the same time that listeners are used to, i.e. from 6:00 to 8:30 p.m. The only topic of these video consultations will be a live broadcast and commented measurement of invited helpers using the procedures proposed by MUDr. Josef Jonáš

Practical examples.

Video consultations will be a practical example of the procedures presented to participants of the Marion Academy 2024. The accompanying explanations will be understandable even for therapists who will not participate in the academy. We will simultaneously broadcast video consultations and video conferences for distributors and therapists in Poland, England and Slovakia. The interpreter will not interrupt the speakers

a form of simultaneous translation will be available, which final listeners will be able to start on their computers, according to the language they have chosen. Slovak therapists will have to make do with Czech, but we believe that this will not be a problem for them. This year, of course, we plan to continue organizing courses for beginners, we will set the dates flexibly depending on the number of interested people. Our offer of individual consultations and trainings is also still valid, but the date should always be agreed in advance.

Ambitious goals

When it comes to education, we will not forget about our Slovak therapists – here we plan to organize two-day trainings in spring and autumn for those who do not manage to register for the Marion Academy 2024 in Prague. At the end of this year or at the beginning of 2025, we will hold a joint conference again. In the background of the entire program, as last year, there will be seminars and trainings for therapists and distributors of Marion from abroad. So we have very interesting and ambitious goals in our joint work for this year, which are significant and generally beneficial. We believe that they will help you to further deepen your knowledge of detoxification according to MUDr. Josef Jonáš. We are waiting for you!

The key to a successful detox consultation.

AM2024 AKADEMIE MARION®

A year-long education cycle on detoxification using the MUDr. Josef Jonáš method



For therapists who want to know and be able to do more

Lecturers **MUDr. Josef Jonáš i inž. Evžen Peleska**

Location: PRAGUE • Price for the entire cycle: 6000 CZK (the price always includes lunch, coffee break, coffee, tea, water)

Marion Academy 2024 will take place on the following dates

16. – 17. 3. 2024 9.00 – 17.00

18. – 19. 5. 2024 9.00 – 17.00

5. – 6. 10. 2024 9.00 – 17.00

Each participant of the academy must have their own EAV device.



Marion Academy 2024 Graduation Certificate

Information is eternal, omnipresent and always available.

Relationship therapist and information.

Communication via EAV device, practical measurement.

Information about health problems is available to us.

Causes and connections on the way to achieving balance - homeostasis in the body.

The holistic approach of the Marion detox consultant.

Optimal workflows and their combinations.

The interdependence of living conditions and lifestyle with health.

The power of the power of the present moment when working with the Marion detox system.

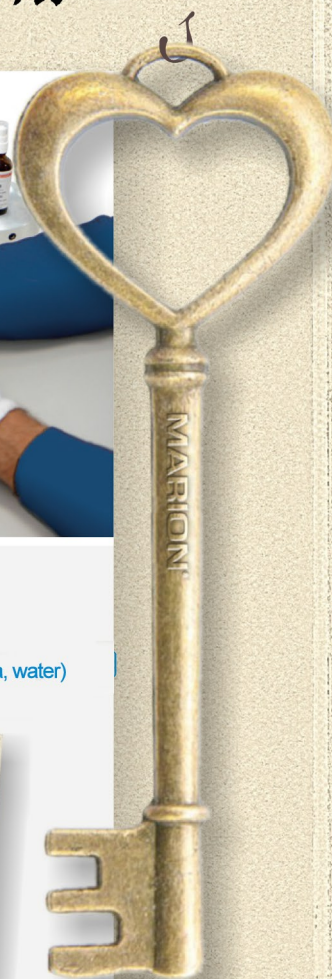
Transferring practical experiences and inspirations.

New procedures for detecting harmful burdens in the context of health problems.

News in Marion detox.



MARION®



The impact of potatoes on human

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

Potatoes are a superfood for a billion people around the world. They come from Latin America and from ornamental plants they became humanity's salvation from hunger. In South America, sweet potatoes are also grown, which are healthier.

Potatoes contain vitamins C, B1, B2, B3, B6, beta-carotene, phosphorus, calcium, iron, sodium, zinc, and many other substances. They are therefore very good nutritionally. If you boil peeled potatoes and let them cool, you will get a source of resistant starch suitable for a low-carb diet. The low glycemic index increases the feeling of satiety. But potatoes are low in protein, incomplete and high in carbohydrates, which is not good for people with damaged starch-digesting enzymes. But their main problem is glycoalkaloids.



Peeling is not enough.

Substances beneficial to potatoes, but not to the human body, are hidden under the names of solanine and chaconine. Glycoalkaloids are produced in potatoes as protection against predators. They destroy the intestinal epithelium and activate mast cells in the intestinal mucosa, which contributes to the development of irritable bowel syndrome and inflammatory bowel diseases.

Glycoalkaloids disappear from the body very slowly. We can say that they do not disappear at all, because we eat potatoes regularly. Solanine is particularly dangerous. It accumulates in the tuber under the skin and under the shoot. Potatoes protect against bacteria, insects and fungi. They can cause inflammation of the joints, nerves and skin rash. Unripe potatoes contain the most solanine. When stored, they cannot be exposed to light. As soon as they start to sprout, they should be thrown away. Peeling potatoes reduces the amount of solanine, but does not remove it completely.

Everything in moderation.

From my childhood I remember the times when every family had to stock up for the winter. I remember overgrown piles of potatoes in the basement and rheumatic, sick grandmothers who ate only potatoes, having a salary of 200-300 crowns a month. Grandfathers did not walk the streets because they were long dead. Never cook older potatoes in their skins, because solanine is activated at higher temperatures.

WHO and FAO have set the maximum permissible concentration of glycoalkaloids in potatoes at 10 mg/kg of potato tuber. The lethal dose is 3–6 mg/kg of body weight. Potatoes have their opponents and supporters. They should not be eaten in excess or improperly prepared. People with autoimmune diseases and after transplants should be especially careful. Our Meta preparation, which targets food-related metabolites and toxins, contains information on the detoxification of solanine. It is usually a minor toxin, but individually it can be dangerous.

INFO

MARION



I read it for you.

We are the European champions in salting, with French fries, cold cuts and cheeses playing the leading role. We eat 13.5 grams of salt a day. Europe uses four grams of salt less, with only Russia being worse. WHO recommends five grams of salt a day, because salt consumption leads to vascular and cerebral disorders, stomach cancer, osteoporosis and increases fat deposition. The covid epidemic has shortened the lives of not only those infected. More and more people are also dying from other diseases. Healthcare workers do not know where to start. As many as one third of school children suffer from depression and anxiety. In November, mortality in social facilities increased by 45%. Will journalists forget how they promoted covid vaccines?

There are 20 million more people with cancer in the world. By 2050, this number will increase to 35 million. Mayor Lukáš Kotík claims that 30% of tests are unnecessary.

One CT scan is equivalent to 100–300 chest X-rays. Slovaks undergo the most scans, followed by Germans, Hungarians, Dutch and Turks. When people are exposed to bad air, they make mistakes. That is why I propose giving politicians oxygen as a substitute. Most Czechs would cancel the time change. The changes do not suit 67% of people, and they are also perceived worse with age. Drugs kill about 200 people in the Czech Republic every year. I think that if the dead could speak, this number would increase. Migraine crushes a million Czechs.

It is better not to talk about how much migraine medications cost and how much the economy loses because a migraine sufferer does not work during an attack. This is sad, because migraines can be treated with Mig. How many cups of coffee is too much? According to statistics, people who drink it regularly live longer, are less likely to suffer from diabetes, Parkinson's disease, etc. Coffee is said to do more good than harm. It contains thousands of chemical compounds, many of which are healthy. However, too much caffeine causes heart palpitations, nervousness, anxiety, tremors or vomiting. 50-100 cups a day can be fatal. Eggs contain vitamin A, vitamin B12, zinc, choline, biotin and amino acids. This means healthy eyes, skin, intestines, nervous system and better red blood cell production.

So eat one egg a day and everything will be fine.

MUDr. Josef Jonáš

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