DETOXIFICATION

MARION

MAGAZINE ABOUT DETOXIFICATION AND IMMUNOACTIVATION BY MUDR. JOSEF JONÁŠ

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How to cure diseases?

Behind the majority of our health problems are toxins that need to be effectively eliminated

MARION PRODUCT RANGE

The Marion product range consists of 49 different sprays containing herbal extracts and 23 different herbal capsules

Using the Akuport M1+ device by the German manufacturer Kindling, it is possible to ascertain, with a great deal of certainty and accuracy, the appropriate Marion preparations required for the highly efficient detoxification and immunoactivation of the body.

A set of testers, which enables easy orientation in the integrated system of Marion preparations, and which serves as a reliable guide to the methodology of MUDr. Josef Jonáš, is a necessary aid for every therapist.

EDITORIAL

Everyone who tries the therapeutic process of detoxification is surprised how it affects their thinking. When you start to use the Marion detoxification preparations described here, your brain will calm down and your body will feel energized. You will start to perceive the futility of living under stress, see things in a broadercontext, feel like doing exercise, for example cycling or fitness, and be willing to change your eating habits.The decision to detoxify may be a one-off or may become a lifestyle choice. If it is the latter, you will, without fanaticism and asceticism, gradually see and be able to delight in the fact that those of the same age around you continue to grow older whilst you yourself are able to make nearly forgotten dreams come true. Ideally, detoxification should start in childhood. Knowledge of how to build immunity and do away with stress and anxiety is a great gift to pass on to a child. My son Andreas has never been sick, has never been absent from nursery or school due to illness, and has never used any form of medication. He has also only been vaccinated for minor diseases, but that is another story. For me, the simple and logical reason for this is detoxification from childhood. The sprays I have developed, which contain medicinal herbs, can be applied either directly onto the skin of a child's hand or stomach, or into the mouth cavity, with the same effect. Pregnant women who want to deliver a healthy child should also not miss the opportunity to detoxify. By doing so, the foetus develops in the non-toxic environment of the mother's body. In contrast, by not detoxifying, mental issues such as dyslexia, dysgraphia and ADHD, which can to a certain extent be attributed to the effects of toxins in the body of an expectant mother, may be diagnosed later in life. A woman free of toxins is mentally more relaxed and positive, which has a great effect on the development and of the foetus and the future health of the child. Without a doubt, you can start detoxification at any age. I myself was very much surprised by the changes I observed in senior citizens' perception of life after they started using Marion preparations. It is not age that matters most, but the correct detoxification process. I would therefore like to emphasize that the haphazard use of the preparations will produce less effective result. Please bear this in mind!

MUDr. Josef Jonáš

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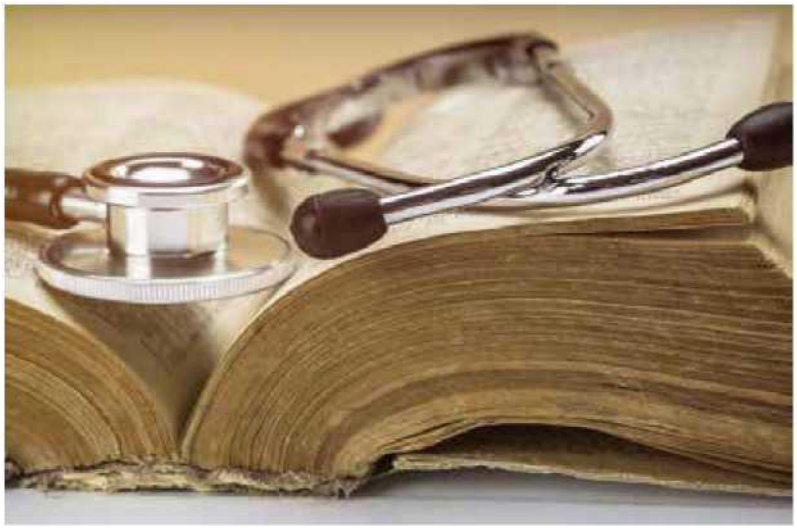
Notice: The procedures highlighted in this magazine do not substitute a medical examination and the preparations do not substitute medical products prescribed by a physician!

How to cure diseases?

We live in a time characterized by chemical and technological medicine. Undoubtedly, these have played an important role in curing or at least attenuating the suffering of many people. However, the present and future are bringing new challenges.



Regardless of all the progress that has been made, we still need to deal with an array of health problems. In addition, the financial demands of healthcare have also become excessive, with no country in the world able to finance the provision of the best healthcare to everyone. It is for these reasons that it is important to look at health from a different perspective. Unfortunately, physicians usually do not provide answer to the question: Why? In my opinion, the answer is: Toxins! In other words, everything that is detrimental to the body.

Cleansing bodily fluids

Doctors and philosophers alike have observed the effects of toxins in the environment, food, etc. on the body for several thousands of years. Disciples of Hippocrates, Galenus and many others discovered special procedures for cleansing bodily fluids such as blood, mucus, black bile and yellow bile. Today, we are witnesses to the strenuous struggle to clean the environment. There are many who distinguish between healthy and unhealthy, meaning toxic, foods. I have been working with the theory of toxins for over 30 years. The basis of the theory is that toxins are responsible for a large portion of health disorders, which can be prevented by detoxification treatment. Over the years, I have acquired extensive knowledge and experience which I have applied to myself, my family and the clients who come to me for advice. In order to utilize that knowledge in practice more widely, Marion started to produce detoxification preparations according to my recipes. The preparations allow the detoxification process to focus on specific organs and specific toxins.

The general and superficial detoxification instructions published in popular magazines and books are very unlikely to create a real breakthrough.

Fine-tuning the immune system

The general and superficial detoxification instructions published in popular magazines and books are very unlikely to create a real breakthrough. The fact is that the immune system has the power to remove toxins from the body via blood or the lymphatic system, but only if it functions optimally. Another important factor is the extremely strong natural defence capabilities of the organs in the human body. The kidneys, intestines, liver, skin, lungs and other organs provide essential detoxification channels, but must also function well to do so. Within this context, it is far better for the immune system to be active on a permanent basis than to be stimulated for a limited period of time. It is for this reason that detoxification and immunoactivation procedures are so important. The ways to achieve this are explained below. When I ask my clients how they feel after their detoxification therapy, the usual answer is: "My zest for life has improved." You can easily imagine the joy of a mother whose child has stopped being ill all the time... She is extremely happy, of course! With the progress that has been booked over time, we now not only know that toxins are the cause of health disorders, but that we can also identify them. This is very important because it is only on the basis of this knowledge that the detoxification and immunoactivation processes can be regarded as being well-managed and controlled.

MUDr. Josef Jonáš

Looking for the common denominator

Detoxification and immunoactivation are holistic methods. Their application is based on looking for a common denominator for health. However, it must be said that nothing like a general-purpose principle exists. Progress has been made, but the objective has yet to be achieved.

The Marion detoxification preparations are designed to act against individual toxins because the human body is rarely affected by only one; the overall burden usually consists of several toxins. The presence of toxins in the body is not random but is based on a certain internal logic. This logic is a mixture of hereditary resistance, defence capacity, age, lifestyle, stress and emotions. The issue is therefore a very complex one, one that makes it hard to foresee how healthy the body will be in the future. In ancient China, they came up with acupuncture and energy-based medicine. However, this form of medicine was reserved for the emperor's family and court. The court physician examined the aristocrats and in particular the emperor's heartbeat. Being able to diagnose a patient's illness based on their heartbeat has always required many years of study and practice. After the examination, he might have said something like: "Your liver energy is too strong (or weak). In addition to acupuncture, drink this tea tomorrow and eat only steamed food, no raw vegetables, but only pickled ones." The court physician knew that there were five energy circuits in the body that were categorized as either yin or yang. These five energy circuits are linked to five key organs, each of which affects a number of other organs within the respective circuit. Schematically, the prerequisites for toxin deposition can therefore be illustrated using a pentagram. The interpretation of the pentagram is very complicated because it does not take into consideration movement and dynamics. Please note that the Marion detoxification preparations or the EAV examination do not substitute medical examinations or treatments involving today's advanced medicines.

Being able to diagnose a patient's illness based on their heartbeat has always required years of study and practice.

Marcela Václavková

Energy circuits and their influence on the body

Hepatic energy circuit:
This affects the ligaments, eyes, articular capsules, cartilage, peripheral nerves, gall bladder, rectum, nails, and the part of the brain that is responsible for the immune system.

Renal energy circuit:
This affects the joints, spine, hair, inner ear, tonsils, articular epithelium, bones, part of the hypothalamus, part of the pituitary gland, bladder and urethra, male and female sex hormones, blood pressure, and the part of the brain that is responsible for emotions.

Pulmonary energy circuit:
This affects the skin, nose, sinuses, air passages, middle ear, sweat glands, thermoregulation (hypothalamus), intestine, pleura, mediastinum, and the part of brain that is responsible for emotions (depression).

Splenetic energy circuit:
This affects the thyroid gland, mucous membranes, pancreas, stomach, salivary glands, medulla, vegetative nervous system, the centre of satiety and hunger (hypothalamus), and the lymphatic system.

Cardiac energy circuit:
This affects the pericardium, cardiac nervous system, aorta, blood circulation, duodenum, and the part of the brain that is responsible for emotions (joy).

Danger is omnipresent

In the past, doctors, surgeons and herbalists alike were aware of the toxicity of the environment, for example swamps, climate and people. Within this context, food was sometimes regarded as a poison and sometimes as a remedy.

Although a majority of toxins have and can be identified, this does not necessarily apply to all the chemical cocktails that may be present in the environment. For example, marine biologists have only just identified the deadly impact on whales of toxic noise emissions in the world's seas and oceans. And heaven only knows what trips to outer space might reveal. For the time being though, it's worth taking a closer look at some ofthe toxins you are, in all likelihood, already familiar with. In my opinion, the most surprising are those toxins that develop within your body.

If the human body had not been so perfectly designed to continuously and effectively remove inorganic toxins, we as a species would definitely be extinct by now. Toxins are eliminated from the body by phagocytes (scavengers). The first impact of inorganic toxins on the body is already experienced by the foetus in a mother's body. Although the brain is protected by a barrier that prevents the absorption of toxins, this does not apply to the hypothalamus, the centre of the brain that regulates the entire hormone and autonomic nervous systems.

Herbicides and insecticides

Pesticides are inorganic toxins. This group of toxins includes herbicides (to tackle weeds), insecticides, fungicides (to tackle mildew and fungi) and rodenticides (to tackle rodents). The risks to organisms, including humans, associated with herbicides and the like are linked to the serious side effects of soil, water and aircontamination. In agriculture, so-called organonitrogen herbicides and hazardous phenoxy herbicides, whichcontain the carcinogenic dioxine, are still widely used in many countries. This also applies to traditional fungi-cides based on copper or sulphur, while organic fungicides with a systemic effect are currently being developed.

The danger of herbicides is closely linked to the serious effects on other organisms.

Generally speaking, these are very toxic substances with neurotoxic or carcinogenic effects. There are a number insecticides that have been specifically developed to tackle certain species of insects. In the majority of cases these work on the basis of neurotoxins. These neurotoxins include, among others, organophosphates, which are toxic for warm-blooded animals, carbamates and/or pyrethroids. Gases, such as prussic acid gas, phosphine and methylbromide are also highly toxic for warm-blooded animals but can be quickly ventilated. The application of rodenticides is closely associated with the risk of intoxication of other warm-blooded animals, including humans. Zinc phosphide, a very strong poison that affects all warm-blooded organisms, is also used. Among the most frequently used rodenticides are those that inhibit the blood coagulation process.

Dangerous chemistry

Surprisingly, chemical substances themselves will not kill the human race. Chemical substances and metals as first line toxins are nothing compared to micro-organisms and metabolites, not to mention carcinogenic chemical substances that may cause cancer. For the record, it is important to mention the substances that are the most problematic in terms of their negative impact on the environment and human health. These are referred to as persistent organic pollutants (POP). They are toxic, which means that they are dangerous to theentire ecosystem.

When released into the atmosphere, they can be transmitted great distances and remain very stable. They degrade extremely slowly and persist in the ecosystem for years or even tens of years. Polychlorinated biphenyls (PCB) are widely used in the industrial sector. They are carcinogenic, impair immunity and reduce fertility. They are eliminated from the body through milk, which is then contaminated. Their content in cow's milk is therefore closely monitored. Polychlorinated dibenzofurans (PCDFs) often accompany dioxins. These have similar effects, although weaker. Polychlorinated dibenzo-p-dioxins (PCDD) are among the most toxic of organic substances. They originate directly from the incineration of various kinds of waste, coal, peat or even wood, are contained in exhaust gases, are the by-products from various industrial processes, and may even be created during the biochemical processes in the sludge found in waste water treatment plants, as well as composts and forest soils. They are behind certain disorders affecting the immune and nervous systems, as well as fertility. They accumulate in fatty tissue where they activate processes that drive cancerous growths. They are secreted through breast milk and therefore into the body of the breast-fed baby.

Plastic materials and preservatives

Microplastics are fibres, minute particles or fractions of plastic materials that are present in water, soil and air. Sometimes they are purposefully produced in this form for further processing in the production of plastic materials, or they are added to coatings, toothpastes, soaps, shampoos and other cosmetics to improve their functional properties. However, the majority of microplastics result from the gradual break down and abrasion of larger pieces of plastic materials, tyres and/or clothes made from artificial fibres. The accumulation of microplastics in ecosystems, especially in water, has become a big issue. According to statistics, over 80% of tap water is contaminated with microplastics, with the problem being logically even worse for bottled water. Large quantities of microplastics are released by tea bags as well. A number of countries have enacted legislation prohibiting the use of plastic microspheres. Some other countries intend to implement similar measures, with Great Britain taking the lead in prohibiting the addition of microplastics into cosmetics.

Food additives, in the form of E numbers, preserve and protect foodstuffs against microorganisms and extends their shelf life. The usage of preservatives is subject to strict legislation. Although some E numbers are more problematic than others, it is not a reason to be afraid of every single one you see printed on a package. They often identify completely harmless substances, such as vitamin C. A natural source of sorbic acid, potassium sorbate, and calcium sorbate (E 200 - 203) are rowanberries, which are wholesome and are used in the the production of wine and cosmetics. Unfortunately, benzoic acid, sodium benzoate, potassium benzoate and calcium benzoate (E 210 - 213) are not harmless. They may induce pseudo-allergic reactions, asthma attacks and urticaria. In combination with other preservatives and colourants, such negative effects can be exacerbated. Parabens, salts of hydroxybenzoic acid (E 214 - 219) may also induce pseudo-allergic reactions. Sulphur dioxide and sulphite salts (E 220 - 228) have unpleasant side effects, such as headaches, nausea, apathy and an upset stomach or intestines. Nevertheless, sulphur dioxide is sometimes used in organic products. Sodium nitrate and potassium nitrate (E 251 - 252) may be transformed into nitrites through human metabolism and also into carcinogenic nitrosamines during digestion. They are widely used in particular in the production of smoked meat products or tinned fish.

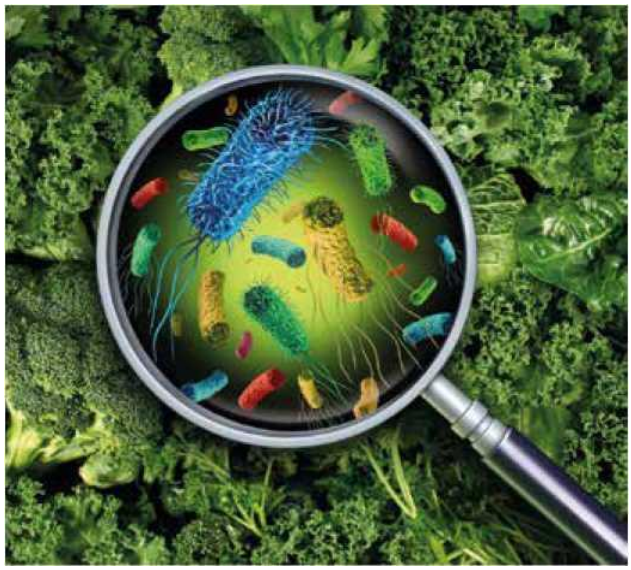
A colour enhanced world

The most problematic group of food additives is colourants. Their harmful effects are known. Some of them have been prohibited, but a number of them are still in common use. Seeing all those coloured products at the confectioner's can make you feel sick. For example, the blue Smurf ice cream for children is a real hazard. Likewise, Sunset Yellow may cause allergic and asthmatic reactions, urticaria, skin swelling, an upset stomach, vomiting or diarrhoea. The list of colourants and effects goes on. Azorubine causes allergic reactions and is thought to be partially responsible for attention deficit hyperactivity disorder (ADHD) in children. Amaranth has proven carcinogenic effects and allergic reactions. Ponceau 4R may cause allergic reactions and aggrava- tes asthma. Allura Red AC causes allergic reactions. Black BN may also cause attention deficit hyperactivity disorder in children. Brown FK induces asthmatic or allergic reactions. Brown HT may cause allergic or asthmatic reactions. Litholrubin BK causes allergic and asthmatic reactions or attention deficit hyperactivity disorder in children. Patent Blue V can induce a rash in sensitive individuals, pruritus, nausea or a drop in blood pressure. Brilliant Blue FCF may cause attention deficit hyperactivity disorder in children and is suspected of causing cancer. Tartrazine may cause an allergic reaction, asthma, rhinitis or migraine in sensitive individuals. Erythrosin B affects the activity of the thyroid gland and is a potential carcinogenic agent. Quinoline Yellow SY (E104) may induce urticaria in sensitive individuals.

Last but not least, Indigo Carmine may cause nausea, vomiting, increased blood pressure and skin rashes.

Fungi

Mycotoxins are toxic substances excreted by microscopic fungi called mildew. In fact, they are warfare agents that kill all life within the fungi's reach so that it gains more space to grow. About 150 species of microscopic fungi produce such mycotoxins, but one fungal species can produce more than another. The presence of mould on food nearly always indicates the presence of mycotoxins. At home, the best way to deal with mouldy food is to throw it in the dustbin or to burn it because the mycotoxins are usually throughout the food. Be particularly careful with mouldy jams, dairy products and bread. Only in the case of fruit, where just a small piece is mouldy, is it possible to cut out the affected part and use the rest. The reason for this is that plants have their own means of protection against fungi. Affected food, such as mouldy bread, should also not be given animals because the mycotoxins are toxic to them and present themselves in the animals' milk and meat. Some final products though (such as starch or spirits) will be free of mycotoxins. For example, brandy distilled from fermented plums is therefore absolutely safe. The most dangerous mycotoxins are those that are also carcinogenic and include aflatoxins, luteoskyrin (mould-contaminated rice), ochratoxin A (meat products), rubratoxins (mould-contaminated nuts and seeds) and zearalenone (mouldy maze).



The accumulation of microplastics in ecosystems, especially in water, has become a big issue.

Radioactive materials

Radioactivity is also an inorganic toxin. It is the process by which an unstable atomic nucleus transforms into the nucleus of a different atom and a large quantity of energy, in the form of ionizing radiation, is emitted. In higher doses, ionizing radiation is harmful to the human body. People are afraid of radioactivity but do not realize that the majority of ionizing radiation comes from natural sources and that the human body has adapted to this to a certain extent. On the other hand, there are extremes such as the Chernobyl

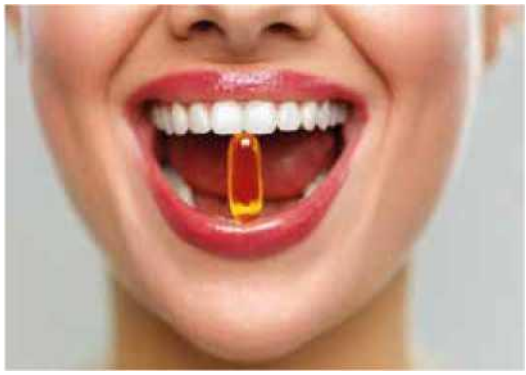
disaster. The radiation dose from a natural source depends on the ground we walk on. When walking on sediments in Český Ráj, the background radiation is generally lower than in the Vysočina Region where the subsoil is granite. Another problem is radon, a radioactive gas that emanates from soil. It can be found in structures or in water. It is released quickly, which means it is possible to get rid of most of the radon gas in buildings with thorough ventilation and in water by letting it bubble up to the surface for it to be released into the atmosphere. A lot of radioactivity comes from human operations, such as burning coal in power plants. The dose that our body absorbs during an X-ray examination is also high. The effects of irradiation on the human body may of course be very serious. Radioactivity causes acute radiation syndrome, damages the foetus developing in a mother's womb, induces the growth of benign as well as malign tumours and causes mutations in genetic coding.

Toxic metals

Metals are not only toxic but also electrically conductive, which is detrimental to the brain and both the peripheral and vegetative nervous systems. Metals that are particularly toxic are lead, mercury, cadmium, aluminium and nickel. Potentially harmful are gold, silver, iron and copper, although the last two are essential for the human body in trace amounts. Lead is responsible for indigestion, convulsions, anaemia, renal impairment, nervous system disorders and impairs bone matter (osteoporosis). In children, mental retardation and behavioural problems may occur. Mercury damages the nervous system, in particular children's brains (imperfect formation of synapses). Cadmium targets organs such as the kidneys and lungs, as well as bones. In males, it damages the prostate and testicles (testosterone production), while in females, it affects the production of progesterone (spontaneous abortions, low birth weight in children).

Cadmium is a proven carcinogenic agent. Aluminium is eliminated from the body through urine. However, in the case of renal failure, aluminium accumulates in the bones and lungs (convulsions, damaged bones, movement coordination disorders, dementia - Alzheimer's disease). Nickel causes skin allergies and eczema. In very high doses and under long-term exposure, nickel is carcinogenic.

Medicinal products and antibiotics



Based on various scientific papers and studies, no medicinal product is absolutely safe and without side effects. However, we are used to taking everything that can be bought over the counter at the pharmacy, regardless of the warnings stated by the manufacturer in the package leaflet. We prefer taking pills to thinking of the reasons behind our headaches or stomach aches. Antibiotics are a good example. They can bring on allergic skin reactions, rashes or diarrhoea. Unfortunately, patients demand to be prescribed antibiotics even for cases where they are not necessary. Up to a half of the overall consumption of antibiotics is thought to be unnecessary. Consumption of other groups of medicines is also on the rise. Among the most prominent are psychopharmacological agents, in particular antidepressants, the consumption of which has risen six times over the last 25 years. Antibiotics are substances that either inhibit the multiplication of microorganisms or kill them. They are produced by bacteria and fungi (in particular the Penicillium genus). Antibiotics also include synthetic antimicrobial substances and chemotherapeutic agents (such as sulphonamides). Antibiotics are indisputably very successful medicinal products. The discovery of antibiotics has saved millions of lives and allowed humankind to eradicate a number of dangerous diseases. However, not even antibiotics are free of risks. Firstly, they depress a person's immunity by not only killing the "evil" bacteria that cause a disease, but also the useful microorganisms in the digestive tract or vagina. This is often the reason why a disease caused by a different infection can appear a few days after taking your last antibiotic. Secondly, there is the issue of resistance, meaning the one acquired by microorganisms against antibiotics. Highly resistant strains of difficult-to-control bacteria have been developing. This happens ever more frequently, especially with broad-range antibiotics. This is the reason why the bacteria that could be safely killed by penicillin a few years ago,are so difficult to control today.

Drugs and vaccinations

Psychoactive drugs are defined as substances that primarily affect the central nervous system, thereby causing changes in perception, mood, conscience or behaviour, and inciting addiction. Nowadays, the habit-forming issue has become aggravated by non-substance-related addictions, such as gambling, mobile phone addiction, and a number of others. However, these problems exceed the framework of this category. A belief that combining several drugs is acceptable, that coffee is not a drug, that marijuana is safe and that addicts should be imprisoned are some of the most common myths. None of the aforementioned are true. From the developmental point of view, addiction is an ancient mechanism that can develop quickly; after just a few doses in the case of heroin and other synthetic drugs. Overcoming such a bad habit is much more complicated. Among the most common antigens are also residues of vaccines that have not degraded, but remain in the body deposited in tissues where they cause health problems. Vaccines are substances that, after having been applied, help the body develop immunity against certain diseases. With live vaccines, attenuated strains of viruses or bacteria are used to help develop immunity against a given disease without directly causing the disease. In other cases, vaccines are produced from dead microorganisms or their toxins that have lost their virulence to instigate immunity. Advanced biotechnologies and vaccines do not contain microorganisms or their parts, but ready-to-use antigens. This approach is much safer. A big pending problem is the use of toxic metals in vaccines, such as aluminium, for the improvement of the immune response, and mercury as a preservative. Unsurprisingly, a great number of reports on the serious adverse reactions or unexpected effects of medicinal products concern vaccines.

Cholesterol spectre

Another big group of toxins are those found in the internal environment of the human body. Among them it is, for example, cholesterol, the scourge of modern Western civilization.

Cholesterol is a substance that is essential to the human body. It is involved in the processing of fats, plays an important role in cell membranes, is the basis for steroid hormones and vitamin D formation, and is part of vascular endothelium. Although the body receives cholesterol through the ingestion of food, the most of it is produced by

the liver. It is distributed by the blood from the small intestine to the liver, from the liver to tissues and from tissues back to the liver. In blood, cholesterol cannot move on its own, but is bound to carriers - lipoproteins (HDL, LDL, and VLDL). HDL is sometimes called "good cholesterol". It absorbs excessive cholesterol in tissues and transports it back to the liver for further processing. The level of HDL increases during physical exercise and strain. LDL or "bad cholesterol" carries cholesterol from the liver to tissues. Its levels can be reduced through diet, physical exercise and by vitamin C. The metabolism of cholesterol can be affected by certain disorders. In the case of genetically conditioned disorders, nearly nothing can be done. However, if it concerns an acquired high level of cholesterol, the best way to live is not to overeat, avoid certain delicacies, such as roast side of pork, take plenty of exercise and avoid stress.

Histamine levels

Histamine is a hormone and neurotransmitter present in a number of cells, in particular white blood cells and nerve cells. It enters the body through the ingestion of food, in which it is naturally present. The body reacts to it as it would do to any other allergen, although the allergic reaction is not a true one. Histamine is otherwise produced directly in the body, in particular during various infections and true allergic reactions. It functions locally, when neighbouring cells communicate with one another over a short distance. The result of such communication is reddening or urticaria. If it is excreted in a large quantity, such as in response to a certain allergen, the effect can be seen over a larger area. This is, for example, the reason for the swelling that arises after an insect's bite. If very high levels of histamine are produced, life-threatening anaphylactic shock may occur. The problem with these reactions is that the organism is not able to degrade such high quantities of histamine, in particular in persons who lack the diamine oxidase enzyme. In such cases, the only help is antihistamines, medicinal products that reduce the levels of histamine. The effect of these medicinal products is unfortunately limited because histamine is a very potent agent. If you experience peculiar symptoms after meals, have the level of diamine oxidase in your body examined. If the diagnosis is confirmed, you will have to stick to a special diet. Avoid all fermented or stale food, sugar, overripe fruit and warmed-up meals, including beer, half-fermented young wine and risen cakes. This intolerance is very individual and everybody must test what intolerance(s) they have.

Unused metabolites

The human body can process food in a harmless manner to become a source of proteins, sugars, vitamins, minerals and many other nutrients and protective agents. In the digestive tract, food is broken down. This involves enzymatic processes that produce substances that are released through the wall of the small intestine into the blood, lymph and liver, where they are processed. The resulting products are then distributed around the entire body. This circulation is called metabolism. Cells generate energy, new proteins, cholesterol, hormones, enzymes, blood elements and hundreds of other substances necessary for the body's existence. The unused residues of food and tissues that have reached the end of their life cycle must be processed for elimination from the body.

Metals are not only toxic, but also electrically conductive, which is detrimental in particular to the nervous system.

The biggest problem are purines, metabolites that are associated with the processing of meat. These substances are produced by the splitting of nucleic acids, i.e. ribonucleic acid (RNA) and deoxyribonucleic acid (DNA) that are present in the cell nucleus. Meat, as a muscle tissue, contains large quantities of cellular nuclei, i.e. nucleic acids. The final product of the degradation of purines in humans is urea (ureate). It is produced either from consumed food

or is formed during metabolic processes in the body. Under normal circumstances, urea is eliminated by the kidneys. However, with a metabolism disorder or an increased intake of purines in food (a meaty diet), the body eliminates it too slowly and its concentration in the blood increases (hyperuricaemia). Uric acid is then precipitated and crystals of sodium salt form. The crystals' low solubility means they cannot be eliminated by the kidneys and so they therefore accumulate. The accumulation mostly occurs in the soft tissues or joints in the lower extremities where they cause an inflammatory response - gout. The affected joint is red and very painful and gradually deforms.

Creatinine and urea

Creatinine is a waste substance from muscle cell metabolism. Muscles contain creatinine phosphate, a high-energy substance that supplies cells with energy. When energy is consumed, the residual substance, creatinine, must be eliminated from the body. It is released into the blood, which takes it to the kidneys, where it is filtered off into urine. Under normal circumstances, nearly all creatinine should be eliminated and only a very small proportion should remain present in the blood. Increased levels of creatinine therefore indicates some impairment of the kidneys because they are not able to eliminate creatinine effectively. High levels of creatinine indicates inflammation in the kidneys, either of an infectious or auto-immune origin, or impairment of the kidneys from the abuse of drugs or other toxins. The same effect can be caused by an enlarged prostate, cancer, atherosclerosis, diabetes, when the body is dehydrated, or after physically demanding work. Urea is an organic substance containing carbon, nitrogen, oxygen and hydrogen. It is a waste product through which the body gets rid of excessive nitrogen. It is formed in the liver based on ammonia during the metabolism of proteins. The fact that urea is water-soluble means it usually has no toxic effects and is easily released in urine. If its level increases, for example due to renal failure, the condition is accompanied by nausea, vomiting, blood coagulation disorders, weakness up to lethargy, with unconsciousness and death in extreme cases. The unit formed by an antibody (immunoglobulin) and an antigen (foreign material, such as bacteria) is called an immunocomplex. Such substances are usually eliminated from the blood circulation by phagocytic cells. However, under certain conditions they stay in the blood circulation for a longer time, penetrate vascular walls, release substances from white blood cells and blood platelets and bring on non-infectious inflammation. Whether immunocomplexes are removed or deposited in tissues is given by their quantity, size, structure and physico-chemical properties. Immunocomplexes are most frequently deposited in the kidneys on the surface of vascular endothelium and in articular epithelium. In severe cases, they can cause anaphylactic shock.

Intestinal toxins

The colonic environment can become a huge source of toxic substances. The colon contains large quantities of microorganisms and is the place where partly digested food accumulates.

In all other aspects, the colon is the perfect example of order. Microorganisms are organized, in terms of quantity and represented species, and each of them has and knows its place. This is called intestinal symbiosis. The opposite condition is called intestinal dysbiosis, which indicates that the optimal makeup of the intestinal microbiome is impaired. Such a condition is accompanied by fermentation, defective digestion of meat and animal fat and other chemical reactions. The microorganisms produce microbial toxins, gases and poisons, which are released into the blood and lymph and are spread around the body. In the worst case, the toxins are carcinogenic, otherwise they can cause fatigue, mental disorders, immunity disorders, headaches, etc. Disorders may occur at all levels of metabolism, especially nowadays when the food that people eat has undergone significant change. Concentrates, i.e. unnatural foods, are consumed by many. Nature does not know refined sugar, cheese made from concentrated casein or gluten and starch isolated from grains. Moreover, the composition of ingredients has been changing. Plants are genetically modified, as is the composition of lactoprotein. Cereals (in particular wheat) are dissimilar to the original species and animals raised for meat are subject to genetic

manipulation. Metabolism is exposed to a number of harmful metabolites and responds through pathological immunity reactions. This is the result of the fact that food has become toxic and often lethal for many people. We have a great problem with gluten, a plant protein found in wheat to which swathes of people have developed an intolerance, i.e. hypersensitivity. Gluten that is metabolised incorrectly, penetrates the damaged wall of the small intestine and is absorbed into the body where it negatively affects the nervous system in particular. Among other difficult-to-digest foods is milk, in particular cow's milk. This especially concerns the allergy to the milk protein casein. This problem is limited to cow's milk where the problems causing A1 beta-casein, that is the result of intensive dairy cattle breeding, are found. Sheep and goats have not undergone such intensive breeding and therefore their milk is more digestible. Casein, as with gluten, also penetrates the defective wall of the small intestine and accumulates in the nervous system. Both gluten and casein therefore pose a very serious threat to physical as well as mental health.

Fight against microorganisms

The third important area is microorganisms and their toxins. We live in a world of microorganisms. We are aliens fitted with a defence mechanism that allows us to live in their environment. We cannot say that we are losing the battle, but we are far from winning it. The price we pay for living among microorganisms is disease and faster-than-necessary ageing. On the other hand, the human body is uniquely adept at surviving in such a hostile environment for up to a hundred years. Certain microorganisms with which we have trouble may be the descendants of the genera that have been living in the bodies of our ancestors for hundreds of years. If the man-versus-microorganisms duel proceeded according to the rules, the body would kill all the unwanted visitors. Unfortunately, reality is different. Microorganisms have their own ways to survive. Without going into particulars, the immune system must identify the unwanted microorganism with a relevant antibody and then leave it to the phagocytes to deal with. Sometimes this approach is not successful, which results in an infection that does not respond to any antibiotics. The microorganism does not need to penetrate the body's organs to damage it. It can

do this remotely. It releases toxic substances into its environment that propagate into the body. Such microbial toxins are proteins, the toxicity of which can be neutralized by specific antibodies present in the human body. Some toxins only contribute to the pathogenicity of the microorganism, while others are its main cause. Toxins operate

like enzymes that target specific kinds of cells and tissues. For example, there are neurotoxins that affect nerve cells and fibres (such as botulotoxin), hemolysins that degrade red blood cells, leukocidins that kill white blood cells (Methicillin-resistant Staphylococcus aureus), and enterotoxins that damage intestinal mucosa (E.coli). The intelligence of microorganisms is proven by those toxins with super-antigen properties. These can induce tolerance to the immune system, which makes an infection very stubborn. This is the way dangerous streptococcal toxins work.

Vitamin deficiency

Some people take vitamins and minerals in the form of food supplements, while others eat superfoods or at least vegetables and fruit. We know little about the results of these approaches. Laboratory tests, often performed on a random basis, inform us about the quantity of iron, vitamin B12 or vitamin D. However, there are dozens of essential elements and substances. It is necessary to know that the processes related to the absorption of nutrients, vitamins and minerals occurs in the small intestine. Absorption is not a process whereby the small intestine functions as a sort of strainer that lets through substances contained in our food. The release of substances from food is done through the transfer of molecules. This is an active process controlled by the body to acquire what it needs. It goes without saying that failures occur in the process. Among the consequences are not only not absorbed vitamins and minerals, but also entire proteins, either of plant- or animal-based origin, released into the blood instead of amino acids. This causes problems such as intolerance to the given food. Even more frequent are problems caused by the defective functioning of the digestive juices and enzymes. One may not be aware of such a problem at all. This can only be revealed through a diagnosis using the EAV apparatus. The key biogenous elements that form 99.3% of the content of the body are hydrogen, carbon, oxygen and nitrogen. The mineral substances (macroelements) that represent 0.7% of the body are calcium, phosphorus, potassium, sodium, chlorine and magnesium. With standard food intake, no deficiency of chlorine, sodium and potassium occurs. A deficiency of calcium, which is involved in neuromuscular junctions, can cause serious problems. On the other hand, magnesium attenuates muscular stimulation and a deficiency of it can cause muscle cramps. Phosphorus is required for the formation of compounds in which the body stores energy. Trace elements (microelements) make up 0.01% of the body and include iron, iodine, copper, cobalt, selenium, manganese, fluorine, and some others. Although the body only needs a minute quantity of these elements, a deficiency can cause serious health risks and problems, in particular where it concerns iron and iodine deficiency. Vitamins are substances necessary for the correct functioning of the body and its parts. From the point of view of chemistry, these compounds are very diverse and the body is not able to produce them internally. That is why they need to be ingested in the form of food. They often play the role of enzymes or participate in vital processes (such as vision, haematogenesis, coagulation). They can be divided into fat-soluble (for example A, E, D) and water-soluble (C, group B). Their sources can be found in both plant- and animal-based foods. With fat-soluble vitamins, the fat content in foods is relevant in terms of their optimal release and absorption. They accumulate in the liver and fat tissues. Fat-soluble vitamins are not normally eliminated from the body. Therefore, with excessive intake, there is a risk of hypervitaminosis, which has significant negative consequences for the body. Water-soluble vitamins are absorbed into the blood directly from the intestine, without accumulating in the body. It is for this reason that the body must replenish its levels of them on a regular basis. Although hypervitaminoses is unlikely to occur, high doses can be toxic to the body.

We have a great problem with gluten, a plant protein found in wheat to which swathes of people have developed an intolerance.

Mental toxins

The last group are mental toxins, the effects of which are very difficult to explain. This is in particular due to the distorted information we gather from magazines and the communication we have with others on the path of life. People think that emotions refer to, for example, joy, sadness, jealousy or fear, which is true, and that such emotions are the natural reaction to a stimulus and that they are not harmful, which is also true. So, if we pass an exam, we are happy. If we fail an exam, we are sad. If we get a threatening letter, we are scared. If we are ill, our health is at

risk, or if we fear for our lives, we are stressed out. Once again, these are not damaging emotions, these are not toxins. A toxic emotion is associated with an inappropriate reaction to a situation. We are afraid of everything all the time, if we are unreasonably jealous, angry without a good cause, etc. Everybody longs for happiness, which is an intoxicating feeling that we wish to last forever. Happiness is the emotion that cures. Wounds of soldiers healed quicker when the battle was won. Unhappy emotions produce stress. If we are not getting on well or our existence is at risk - this is the root of stress.

MUDr. Josef Jonáš

Immunity and detoxification

According to the dictionary, immunity means resistance or integrity. The term comes from Latin of course. It has been adopted and is used in the Czech language to describe the ability of an organism to resist a particular infection or toxin through the actions of specific antibodies or sensitized white blood cells.

Although I am not a zoologist, I know that all higher organisms are equipped with an immune system. A very amazing one in many cases. There are creatures who live in environments with extreme climatic and hygienic conditions and their immune systems are able to cope with them. There are animals in which cancer never develops - their immune system immediately kills any cancer cells it discovers. On the other hand, many animals die of infections. What we know for certain is that chemicalization of the environment damages our immune system and that animals live in constant fear of their lives, which may play a very negative role. In one of my books, Křížovka života (Crossword Puzzle of Life), I describe the following experiment. Around a pen of sheep another pen is built. Wolves, the traditional enemies of sheep, are let into it. The wolves cannot attack the sheep. Regardless of this fact, the sheep die of stress. Fortunately, the human psyche is much more complicated. The human brain is designed in such a unique manner that it allows man, the only animal to be able to do so, to be aware of its mortality, to be able to foresee, combine, dream, create virtual reality, and be afraid of something that might occur.

Toxic burden

The variety of foods eaten by man is extremely extensive. Many of the foods cause problems. This applies in particular to industrially processed foods, which are not the best for the immune system. To put it simply, the immune system is being attacked from all sides. It is no wonder that vaccination is failing and ceasing to be effective in many cases. Furthermore, there are disorders of the intestinal microbiome. An impaired intestinal environment always has a negative impact on the functionality of the immune system. According to references, the quality of

the content of the small intestine accounts for up to 70% of the immune system's capacity. In addition, intestinal toxins attack the nervous system and the immune system's control centres. People usually only associate immunity with resistance to infections, but the reality is far more complicated. Immune disorders include weakening immunity, allergies, atopies, auto-immune disorders, disorders of anti-tumour immune reactions and rheumatic diseases. Detoxification perceives immunity from a different angle, differing in many ways from what we are used to hearing or reading. The immune system, like the other systems in the body, needs vitamins, trace elements, minerals and proteins to function well. Disorders of the intestinal microbiome result in the defective absorption of these substances. It goes without saying that one's immunity therefore does not thrive. Detoxification sees the key problem in the toxic burden placed on the immune system's control centre, which is located in the forebrain. It is here, that many kinds of toxins can be found. None of them is disorder-specific, which means that we cannot say where this or that toxin can be found.

Detoxification sees the key problem in the toxic burden placed on the immune system's control centre, which is located in the forebrain.

Improvement of the intestinal environment

Within this context, we cannot regard pesticides as being worse than many kinds of fungal toxins. Improvements in immunity therefore rests on the adjustment of the intestinal environment and the detoxification of the immune system's control centre. The rate of infections affecting the respiratory system is usually closely related to the condition of the mucous membranes, i.e. mucous immunity. This is the reason why, especially in children, detoxification is supplemented with a preparation for the decontamination of the respiratory system. Toxins in the brain should not be understood to be substances that poison the brain. They are more like viruses that damage computer programmes. The immune system's individual control centres can be compared to computers programmed according to a person's genetic makeup. Different immunity disorders depend on the positions of the individual control centres. For example, atopia, a special kind of skin allergy, also has its own control centre. Atopic dermatitis can be explained as a defect in this control centre. A defect in the centre that controls the immune response to foreign proteins, such as pollens, hairs, mildew, bacteria and mites, results in an allergy due to the excessive production of histamine.

Auto-immune disorders

An auto-immune disorder is a very special immunity disorder. At the beginning of the last century, scientists thought for more than 50 years that the immune system could not attack itself. Later, based on increasing evidence, scientists reassessed their attitude and agreed that the immune system can do this. Since then, auto-immune disorders have become the subject of research. These disorders include serious diseases such as Crohn's disease, ulcerative colitis, diabetes mellitus type 1, sclerosis multiplex, some types of renal, cardiac and lung failure and of course other, rarer diseases. An auto-immune disorder can be accompanied by many other problems and all disorders can be mild, medium or serious. The control centre for auto-immune disorders is also located in the forebrain. Using the Voll's apparatus, I have localised these centres, identified the toxins and programmed the respective detoxification preparations. I hope I will live to see the day that detoxification of the human body's internal environment is an integral part of a normal lifestyle and not only based on special preparations. I hope that this process will not take thousands of years to come to fruition, as was the case with regards to detoxification (i.e. hygiene) of the external environment.

MUDr. Josef Jonáš

Treating an impaired microbiome with kid gloves

A considerable, unspecified percentage of people have a disorder of the intestinal microbiome, of which many people already from birth. A great number of health problems are caused by intestinal dysmicrobia and its consequences, which are often the result of the use of antibiotics, vaccinations and poor-quality food. These are the reasons why our intestines do not function correctly.

A dysmicrobia-affected intestine requires a person to follow a special diet. The intestinal mucous membrane responds incorrectly to gluten contained in wheat and casein found in cow's milk. With dysmicrobia, inflammations occur and the digestion of meat and fat poses a serious risk. These foods produce the most dangerous toxins. People with an intestinal microbiome disorder suffer from flatulence after the digestion of legumes and vegetables. As varied as the makeup of the microorganisms in the intestines is, as varied are the possible diets. Sometimes, the person is aware of the effects of food on their body and sometimes they have no idea why they feel unwell.

Wholesome lactobacilli

To be on the safe side, I would like to reiterate that this happens if the intestinal microbiome is impaired. However, even if our intestinal environment is in order, we must take good care of it. It is necessary to monitor the intake of lactobacilli from naturally fermented products. In this respect, the Korean kimchi has earned a worldwide reputation. Spicy Chinese cabbage or sauerkraut, which is popular in Central Europe, is also worth considering. Half-fermented young wine or non-pasteurised beer can be regarded as a source of lactobacilli as well. People with intolerance to dairy products often prefer fermented dairy products or live yoghurt. People with an intolerance to casein in cow's milk can make use of fermented goats or sheep's milk, for example the popular whey of sheep's milk called "žinčica". A good environment for the cultivation of lactobacilli is created by vegetables, wholemeal cereals, buckwheat, millet, amaranth and legumes, including hummus. These precursors are called prebiotics. Their regular and lifelong intake is important.

It is all about the brain

The small intestine works 24/7 for the entirety of our lives. Naming all the consequences of intestinal microbiome disorders exceeds the scope of this magazine because no tissue in the human body is immune to these toxins. An impaired intestinal microbiome can change the nature of electrical potentials in the brain, thereby affecting the functionality of the limbic system and changing emotional manifestations. It also affects the autonomous nervous system and consequently the function of all organs, including the heart. An impaired intestinal microbiome leads to loosened venous walls resulting in swelling that stresses the lymph. Microorganisms from the small intestine are released into the urinary system and the female reproductive system where they cause inflammations. The damaged wall of the small intestine becomes permeable and results in leaky gut syndrome. This is the pathway along which the protein molecules that affect the nervous system in particular, enter the body. The brain is therefore engaged in everything that happens in our bodies.

Sometimes, the person is aware of the effects of food on their body and sometimes they have no idea why they feel unwell.

MUDr. Josef Jonáš

Constant flow of information

We live in an environment where billions of telephone calls are made at any given time, and where the only ones we hear are those coming through on our own mobile phone. In addition to mobiles, there are plenty of other electromagnetic signals in the atmosphere, which can be attributed to the television, radio and Internet. Did you know that the space around us is full of signals emitted from transmitters of various kinds? Without such transmitters we would not see or hear anything.

The internal workings of our bodies work in a very similar way, relying on a constant flow of information to provide the feedback it needs to respond accordingly. However, neither science, nor practice has any receiver at its disposal that can detect such signals. It is therefore very easy to say that nothing like this exists. However, if we can measure these fields, we can also make changes. To this effect, I work with a device invented by Dr. Reinhold Voll. With a modified Voll apparatus, gifted people can do unbelievable things. Don't just take this from me, but also from those who have experience with detoxification. That said, my entire practice, i.e. controlled and monitored detoxification, is based on the knowledge I have acquired about how to test which toxins are present in the body and determine exactly where they are. The result is a personalised map of toxins according to which we can determine the method and tactics of detoxification. The control function is even more important. There are many errors and untruths concerning detoxification and natural medicine. With the help of the Voll apparatus, we can test whether we are proceeding correctly and effectively.

Energy pathways and points of measurement

Dr. Reinhold Voll (1909-1989), was a German physician. In 1953, he, in conjunction with engineer Fritz Krammer, designed an apparatus for electro-acupuncture (EAV). The principles underlying this have since become an important diagnostic tool and an integral part of a therapeutic method within alternative medicine.

The EAV apparatus releases a weak electric current that activates the acupuncture point.

Dr. Voll originally wanted to be an architect, but the disease his father suffered from made him study medicine instead. At first, he specialised in tropical diseases and sports medicine, but later concentrated on acupuncture and traditional Chinese medicine. It is on this basis that he developed his own field of electroacupuncture in the 1950s. In the beginning, it was purely meant to be a diagnostic approach, one based on the measurement of electric activity at certain points on the body. These points coincided with the acupuncture points on meridians (energy pathways) according to traditional Chinese medicine. Dr. Voll also compiled his own maps of energy pathways in order to determine additional points of measurement. This resulted in 850 points of measurement, which understandably made taking measurements a very complicated and time-consuming process. Fortunately, the number of points was whittled down over time.

Measuring electric activity

In 1955, Dr. Voll, as part of his work on electro-acupuncture, collaborated with the engineer Fritz Werner on the design of an appropriate instrument for measuring electric activity. The instrument had a centesimal scale. The standard value of electric activity was set at 50, meaning 0.0001 ohm. According to Voll's interpretation, values exceeding 65 indicated active irritation or “itis”, and values lower than 50 indicated a degenerative affliction or "osis". Unfortunately, the majority of people do not have a well-balanced body and therefore have energy values that range between 45 and 55.

How it works in practice

According to Voll, the electric activity at the determined point should decrease if the patient's disease is acute, and increase if the disease is chronic. To determine this, the patient holds a negative electrode in one hand, while the physician touches the specified points with a positive electrode. The EAV apparatus releases a weak electric current (approximately 1.6 volts) that activates the

acupuncture point. As in traditional Chinese medicine, the point can acquire either high or low energy, which is indicative.

Control function

Although measuring electric activity at these points was initially intended only for diagnostic purposes, the procedure soon became used to determine the appropriateness of the selected medicine. In collaboration with the companies Staufen Pharma and Wala Heilmittel, Dr. Voll therefore also developed so-called test nosodes that were used to determine the homeopathic remedy that was then used by the patient in an appropriately diluted form.
The fundamental idea was therefore to not only measure the electric activity at acupuncture points, but also to increase the energy values at these points. This is something he succeeded in achieving and something I apply every day.

MUDr. Josef Jonáš

What is the EAV apparatus good for?

The EAV apparatus has proven itself in conventional medicine and is sold under various brand names. For testing, various test ampoules and computer programmes are used. The latter include extensive amounts of virtual data concerning the human body, food, allergens, medicinal products, intoxicating substances, microorganisms, and more.

In about 1995, German dentist and electro-acupuncturist Dr. Helmut Schimmel developed a modified version of the EAV apparatus that could take measurements at one point in the middle of the palm. According to traditional Chinese medicine, this point lies on the pericardium pathway. His purpose in developing this new apparatus was to simplify the testing of the efficiency of his own homeopathic remedies. The apparatus could be adjusted according to the sensitivity of the skin of every patient. It was also possible to connect the apparatus to a computer. During one of his visits to Prague, Dr. Schimmel showed me the apparatus and I subsequently integrated this modified EAV apparatus into the then initial concept of detoxification medicine.

Making it possible to analyse mushrooms

Today, the EAV apparatus is not only used for diagnostic purposes, but also for the testing of the (in)appropriateness of medicinal products, food and various substances with which people come into contact, such as textiles, carpets and interior paints. The EAV apparatus can be part of kitchen equipment. It can be used to ascertain whether food is still edible, i.e. free of toxins. It is possible to reveal whether organic food is really organic. The apparatus is even able to distinguish between edible and inedible mushrooms. Unfortunately, our meadows and forests are full of them and I don't know the difference! In detoxification and immunoactivation, we use the EAV apparatus for the detection of toxins in the human body. I myself use the Akuport M1+ apparatus, manufactured by Kindling, the price of which is approximately CZK 25,000.

A non-scientific method?

I must admit that the apparatus is not a scientific instrument. I think that this method combines modern technologies with the rhabdomancy-like approach. Rhabdomancy has always been regarded as an unscientific, non-existent fabrication. However, we can only accept this definition until we need a water well. When a water dowser identifies the place of a spring and the well driller performs the bore, what matters most is that water is found at the determined depth. Otherwise, the well driller does not get paid. The gift of sensitivity to various anomalies, either geological or physical, is likely given to all of us. Years ago, I worked with a group of eight children of the ages six to eight. I made a detection fork from a copper wire and had the children look for the water pipes in the yard. They were able to find all the underground water pipes. There are many questions related to toxins. To ask the Akuport apparatus such questions, I use a computer which contains hundreds of questions that a professional using the EAV apparatus can ask. That said, it is important to remember that practice makes perfect.

The gift of sensitivity to various anomalies, either geological or physical, is likely given to all of us.

MUDr. Josef Jonáš

What is the Marion device?

We live in a complex era of communication and information. Similarly, the human body can only work if communication and the exchange of information between cells takes place.

In a healthy body, the exchange of information is unobstructed and each cell of the body fulfils its task. If the human body is disrupted by harmful substances, such as poisons, viruses or bacteria, the communication between cells breaks down.

Regeneration and reconditioning

The Marion device provides help. Using a very weak electromagnetic field, it transfers information to the body to support its decontamination, regeneration and reconditioning. The program integrated into the Marion device is general-purpose in nature and is not tailored to an individual's specific needs. The apparatus enables medicinal products to work more effectively. Suddenly, the topical corticosteroid really cures the eczema, the collagen tablets or chondroitin sulphate brings actual relief. The regeneration capacity of the human body is of course limited. Hereditary damage to one's genetic makeup, impairment of the nervous system, destructed articular cartilage or post-traumatic defects are health problems where regeneration cannot be expected.

No miracles

Regeneration is not a given, for example, where it concerns damaged myelin sheaths, sclerosis multiplex - which results in impaired mobility - and spinal cord injuries. Unfortunately, the deceased beta cells in the pancreas will never regrow and resolve your diabetes mellitus type 1. Likewise, it is not possible to regenerate third and fourth degree arthrosis or to recover your former physical condition after a severe stroke. The latter also applies to the treatment of Alzheimer's, which is beyond the capacity of the product because the cells of the cerebral cortex are dead. However, there are many health problems that cannot be cured by advanced medicine that the Marion device can easily tackle.

Marcela Václavková

Emotions and stress

It would be misleading to believe that all people have some form of intestinal microbiome disorder. Likewise, it is nonsense to believe that all diseases are curable through diet because they are caused by food. However, what is undoubtedly related to the accumulation of toxins in the body are emotions and stress.

Most people think of emotions in terms of feelings and moods, in short, something unpleasant, but which exists exclusively in the mental sphere. The opposite is true. To understand this, we must immerse ourselves deep in the brain. On the surface of the brain is the cerebral cortex. It is not a homogeneous formation of grey cells, but a multi-layered one. The individual layers were developed during different stages of the development of humankind. From the phylogenetic point of view, the youngest is the layer called the neocortex. It is the site where intellectual processes typical of man take place. However, at this point, we are more interested in the layer of the cerebral cortex called the archicortex. It is interconnected with the region of the brain called the limbic system. Unlike in animals, this system in humans is very complex and extensive. That is why a human's emotional life is so complicated. The limbic system deals with emotions. One such emotion, the feeling of insecurity, is called stress.

Emotional deprivation

For survival purposes, it was necessary to reserve a special apparatus that could inform man, based on the relevant assessment of information, that they were in danger and must activate their flight or fight mechanism. These mechanisms are a stumbling block. If only they were limited to the period of action. Unfortunately, in modern times, feelings of insecurity have almost become permanent. We have become accustomed to economic well-being and are afraid of losing it. Likewise, an unwanted pregnancy is also stressful. The now deceased Prof. Zdeněk Matějíček studied dozens of children who were delivered by mothers that initially requested the interruption of their pregnancies. In the era of socialism, this surgery had to be authorised, which was not always automatically forthcoming. The children of those

Children of mothers who unsuccessfully requested an interruption were more frequently ill and had behavioural problems.

mothers who unsuccessfully requested an interruption were more frequently ill, had behavioural problems, were less able to sustain the hardships related to compulsory military service, and had a higher divorce rate compared to their peers who wanted children. Stress in childhood is called emotional deprivation. A deprived child is confronted with their handicap all their life. Stress has its repository in the hippocampus, fear in the striatum and other emotions in the amygdala. Why am I bothering you with the Latin terms? To persuade you that impaired emotions and stress are not only feelings, but objective programmable material structures that disturb the flow of information through the limbic brain. Everything, i.e. every idea, is filtered via emotional structures. A well-programmed limbic system informs us accurately about the world around us. Unluckily, emotions and stress are dealt with by psychologists. In reality, programmers and electronics engineers would understand these phenomena related to unpleasant feelings, better.

Harmful emotions

Emotions and stress must be treated seriously as their negative impacts are commensurate with those caused by intestinal dysmicrobia. The heart of the matter is that impaired emotions cause extensive damage to the body. Among other things, they considerably lower the immune system's performance and aggravate the body's capacity to eliminate toxins. This is a notorious stumbling block. An old Czech proverb says: "Keeping yourself merry and cheerful is key to staying healthy." What it means is that a person without stress and pathological emotional programmes eliminates toxins from their body fluently and completely. The accumulation of toxins always means problems. The following is an example. All people from a very young age are exposed to fungal toxins (mycotoxins), pesticides, E numbers, preservatives, pigments, etc. in food. However, the accumulation of the aforementioned substances in their bodies can only be proven in some of them. In addition, during peoples' lifetimes, they are exposed to many carcinogenic agents, which is the reason for the increasing incidence of cancers. It is clear from this analogy that as individuals and as a society, we grapple with problems that originated in our childhoods for the rest of our lives.

The Marion programmed herbal preparations will neither free you of your belligerent partner, nor find you a job that you will enjoy, but they will detoxify your limbic brain system and remove those harmful stress and pathological emotional programmes, i.e. anxiety, fear, worry, aggression, depression, melancholy or tetchiness.

Marcela Václavková

Antioxidants and free radicals

Free radicals are highly reactive molecules that are extremely willing to react with molecules in their vicinity. In the human body, free radicals are produced during metabolic processes and usually have a very short lifecycle. Because they are "free", they tend to look for particles to bind with. In this way, new substances, which the body does not need and which are often harmful, are created.

Paradoxically, in the majority of cases this concerns oxygen radicals. Oxygen, which nearly all creatures need for life, therefore becomes the cause of their physiological ageing. This chemical process is generally called oxidative stress. Another element that often plays the role of a free radical in the human body is nitrogen. Free radicals can also enter the body from the outside. Among these are toxic metals, chlorine, peroxides, ozone, burnt and rancid fats, cigarette smoke and various other substances that pollute the environment. Irrespective of whether they come from the internal or external environment, they damage living tissues and are accountable for a number of diseases. For example, atherosclerosis, tumours, diabetes or Alzheimer's, to name just a few. Although the human body needs a certain amount of oxygen radicals for protection against microorganisms, too many of them are produced in the body today due to food, inappropriate lifestyles and the polluted environment, which results in the increased incidence of lifestyle diseases.

The antioxidation properties of plant pigments are well known, in particular the colours yellow, red, violet and blue.

Radical scavengers

Is there any way how we can protect ourselves against free radicals? Of course, there is. There are substances that are free radical scavengers and which are commonly known as antioxidants. Thousands of them can found in nature. For example, certain vitamins (C, E), minerals, trace elements, plant pigments (beta carotenes, anthocyanidins), and various other substances of plant origin (such as polyphenols or chlorophylls). In addition, the way in which our body functions matters to a great extent, i.e. whether it produces a sufficient amount of antioxidative enzymes, whether it metabolizes iron and copper correctly and whether it disposes of remedial processes against oxidative damage. An important trigger for the production of free radicals is stress. At this point, it is necessary to mention the special role played by vitamin C. In small doses, it functions as an excellent antioxidant, but in high doses supports oxidation, in particular in combination with higher levels of iron in the blood. In short, you can have too much of a good thing. Antioxidants are widely used in the food processing industry for the prevention of oxidation processes in food and for extending shelf life. The same applies to cosmetics and the use of vitamin E, which is added to skin creams as a preservative. For these purposes, both natural antioxidants (vitamins C and E) and synthetic ones, such as butylated hydroxyanisole (BHA) and butylhydroxytoluene (BHT), are used.

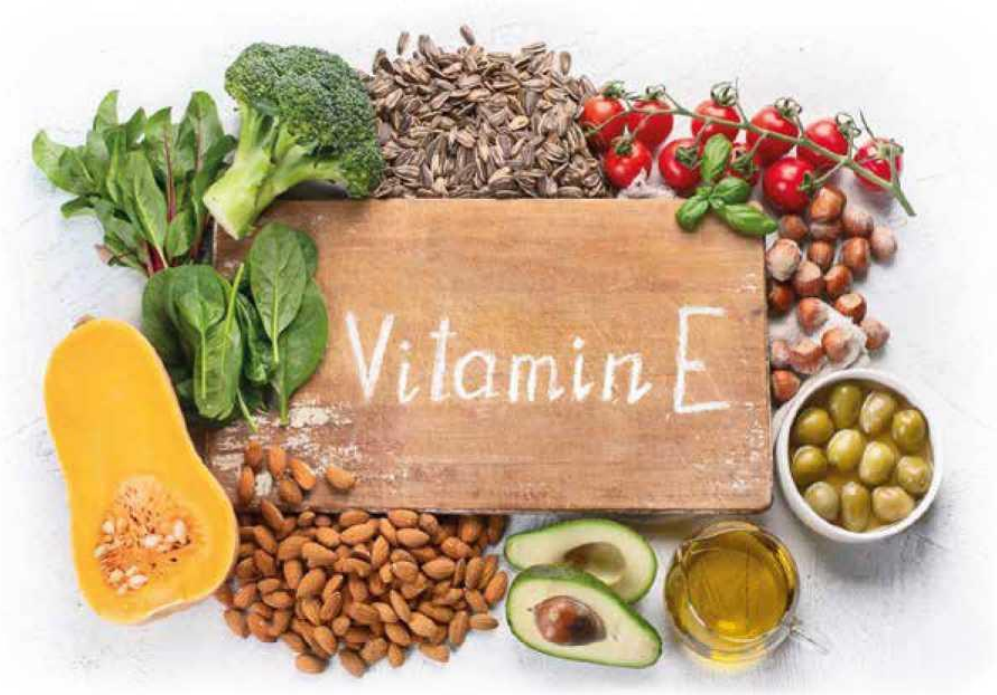
Existing drawbacks

Synthetic antioxidants have their drawbacks and their effects on the human body remain unexplored. Gallates, which protect fats and oils from going rancid, are additives that can be found in a number of industrially processed foods. In higher concentrations they can irritate the stomach. Butylated hydroxyanisole (BHA) is widely used in various foods. It also inhibits fats from going rancid and acts as a preservative, protecting food against certain bacteria and fungi. It is also used in the manufacture of cosmetic products, but is forbidden for use in products designed for children. The evaluation of this substance is controversial. In some countries, the substance is forbidden, while in the Czech Republic and the entire EU it is allowed, but restricted to quantities regulated by legislation. Butylated hydroxytoluene (BHT) is used widely as a preservative, antioxidant, stabiliser and flavouring agent, often in combination with BHA. It is regarded as safe, although it may induce skin reactions in sensitive people and has been shown to be toxic in some studies.

Foods with the highest antioxidant content

The ORAC (Oxygen Radical Absorbance Capacity) unit is used for measuring antioxidant capacities to neutralise free radicals.

Food	**ORAC/1g**
Red beans	150
Cranberries	95
Artichoke	95
Blueberries (forest)	93
Plums	74
Blueberries	54
Raspberries	50
Beans	
Common cowpea	44
Apples	43
Strawberries	36
Red cabbage	32
Broccoli	31
Asparagus	31
Beetroot	28
Spinach	27
Cherries	19



Diet, lifestyle and the environment

What can we as individuals do to protect ourselves against free radicals? The answer is easy: take care about what you eat, your lifestyle and the environment you live in. Eat as much vegetables and fruit as possible, do plenty of physical activity outdoors, and if possible, do not smoke, get enough sleep and avoid excessive stress. Several potent antioxidants can be found directly in the human body. The most active is coenzyme Q10, also known as ubiquinone. Coenzyme Q10 prevents the oxidation of fatty substances in the body, there- by preventing the oxidation of, for example, cholesterol in blood vessels and the development of atherosclerosis, i.e. vascular sclerosis. As far as foods rich in antioxidants are concerned, there is, generally speaking, no shortage of them from spring to autumn. The antioxidation properties of plant pigments are well known, in particular the colours yellow, red, violet and blue. This applies to fruits of all kinds, such as blueberries, plums, cherries, blackberries, raspberries, strawberries, as well as tomatoes and carrots. We should also not forget the colour green; the plant pigment chlorophyll is a potent antioxidants as well. However, man does not live by vegetables alone. A bar of good quality bitter chocolate can provide you with a lot of antioxidants, as can so-called superfoods such as the Chinese matrimony-vine, pomegranate and acid berry, as well as the fruits of Brazilian palm trees.

Marcela Václavková

Essential detoxification preparations

The human body can only work if communication and the exchange of information between cells take place. To achieve this, the body must get rid of toxins. Marion preparations, a brief overview of which is provided below, serve this very purpose.

ANBIO

Antibiotics are a mixed blessing. Not only because there is hardly anybody who has not used them in their life, but also because they contaminate what we eat - honey, meat products, drinking water, etc. People who live under constant stress accumulate antibiotics in their body. Antibiotics themselves are not toxic. The problem with antibiotic residues in the detoxification process is their close relationship to the incidence of mould. The Anbio preparation can be used to cure skin, gynaecological and intestinal fungal infections.

ANTI-ANTI B

This iconic Marion preparation is designed to cure dysmicrobia, i.e. a microorganism imbalance in the large and small intestines. This preparation provides people with a unique opportunity to transform dysmicrobia into symbiosis, i.e. the well-balanced co-existence of microorganisms in the intestines. A symbiotic environment guarantees the correct utilisation of food, minerals and vitamins. In contrast, dysmicrobia is usually the cause of impaired immunity because overpopulated microorganisms leave the intestines and set out on a journey around the rest of the body. Attaining intestinal symbiosis is the basis of immunoactivation and detoxification. However, to tackle certain health problems, an adjustment of that symbiosis is necessary. This applies to, for example, eczema, asthma or immunity related problems. Among the causes of such widespread dysmicrobia are antibiotics, vaccinations and an inappropriate diet. The Anti-Anti B preparation also supports the elimination of intestinal toxins.

AUTIM

This preparation is used to detoxify brain centres, with a particular focus on those centres that control the immune system. Toxic burdens in these centres result in the formation of auto-immune disorders, whereby the immune system attacks various organs and tissues. The treatment of severe auto-immune diseases of the intestines, lungs, heart, kidneys and liver should always be provided by experienced healthcare professionals. However, there are lots of auto-immune disorders with a mild or atypical course which can only be diagnosed using the EAV apparatus. Autim is usually supplemented with the Anti-Anti B, Tens and Imunokomplex preparations.

BETUM

This preparation has a wide spectrum of applications. The preparation can be included in the detoxification therapy for benign tumours, cysts, fistulas and warts. There are a number of benign tumours, such as myomas, polyps, papillomae, warts or fibrous tumours. Under no circumstances does this preparation treat the benign formations. The preparation only focuses on the site in the brain affected by those toxins that may have an impact on the existence of them. During detoxification therapy, we combine several preparations. In the case of Betum, we usually combine it with at least Anti-Anti B and Imunokomplex.

BREIN

The brain centres and other structures are the target organs of many of our other preparations, for example Mun, Elerg, Betum, Emotion, Tens, Veg, Artis, Autim and Cut. There are many other structures controlling various bodily functions and emotional states. Among them are those parts of the brain relevant to migraines and speech, as well as the cerebral cortex or centres, damage to which results in chronic fatigue syndrome, tremors and loss of control of urination, to mention just a few. Detoxification is a practical example of a topic about which one can read a lot about, but for which the only available remedy is psycho-active drugs. The programmed preparations can achieve what chemical substances cannot.

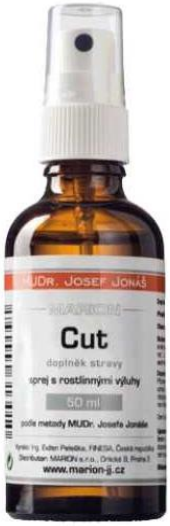
COL

This preparation focuses on the processes that take place in the digestive system, on the intestinal mucosa or in other layers of the small intestine. The quality of the wall of the small intestine and its contents influence one another. Among the most important functions of the small intestine is to absorb substances into the blood stream, a process which is often impaired by toxins. The result is a deficiency of various nutrients and vitamins in the body. The large intestine may also be the subject of leaky gut syndrome, whereby the intestinal wall is not able to keep the contents in place, resulting in harmful substances being released into the body. Auto-immune inflammations of the intestines are also categorized with the Anti-Anti B and Autim preparations, is the key to success.

CORCIRK

Corcirk is designed to detoxify the heart, arteries and organs involved in blood pressure control. However, this system in its entirety also depends on other factors exceeding the potency of one preparation.From the energy point of view, the heart is behind feelings of joy, memories, as well as communication skills. Above all, it maintains the energy dynamics within the human body. This preparation must be used preventatively, well before any feelings of apprehension appear that can be associated with a disorder of the heart or coronary arteries. The emerging changes may disrupt sleep and lead to a loss of joy in life.

CUT



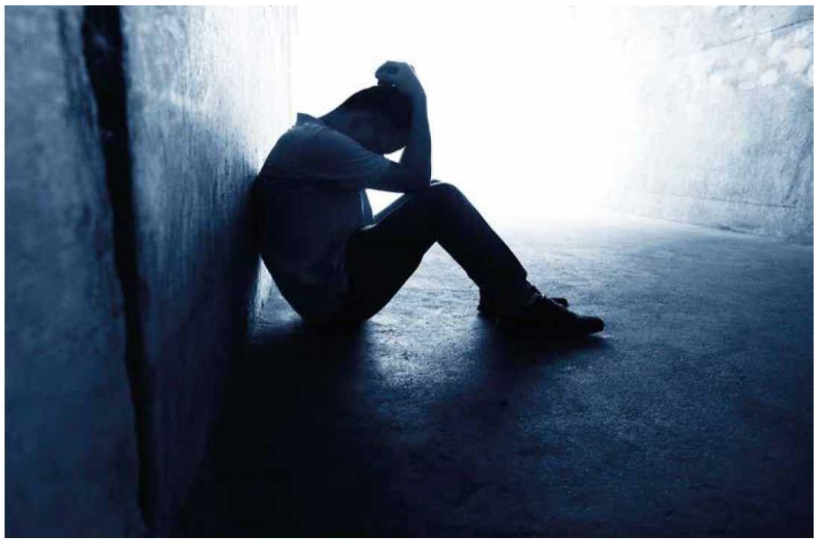
Dermatological problems are among the most widespread health problems. They have a very diverse character because skin is a very complex organ. Its general condition is determined by the quality of the intestinal environment and lungs. The elimination of dysmicrobia will result in improvements in the quality of one's skin, in particular due to the improvement of the function of sebaceous glands. The Cut preparation can cure dysmicrobia and also atopic eczema and acne. The skin also includes the mammary glands. When taking into consideration the connection between the mammary glands and the small intestine, dysmicrobia is linked to the aggravated quality of breast milk. Cut can be combined with Elerg where necessary or, in some case, with Imunkomplex.

ELERG

The range of immunity disorders is very wide. In most cases, this concerns hypersensitivity to a foreign protein in food, be it plant- or animal-based. Hypersensitivity also appears in connection with microorganisms, parasites and mites. In short, such foreign proteins can be present everywhere. The immune system must kill the foreign protein using a method that remains unnoticed by the body. Otherwise, the body will respond in an allergic manner and an inflammation develops. If we want to cure an allergy at the prophylactic level, we must interfere with the immune system's control centres. The brain must be aware of what to do in such situations. This goal cannot be achieved through the elimination of the allergen or the use of antihistamines. The goal can only be achieved through the elimination of the relevant harmful toxins.

EMOTION

Mental manifestations have their material basis in the limbic system. These are subcortical cerebral structures that distinguish man from animals. Human emotions are dictated by complicated functions in the limbic system, which are highly prone to failure. Emotion eliminates toxins that tend to accumulate in individual structures of the limbic system based on family predisposition. Where the intestinal microbiome has been impaired, the input of toxins from the intestines must be stopped. Emotion is an adjuvant that is used for manifest as well as latent emotional problems and its repeated use creates a basis for the elimination of chronic problems of any kind.



HEPCIRK

Liver cells are accountable for a great number of processes. Any impairment of the liver through infection or toxic substances therefore has very serious consequences. The biliary tract ensures the flow of bile to the gall bladder and the intestines. Autoimmune inflammation of the biliary tract, the formation of gallstones and microorganisms - are all problems that have some physical as well as mental reverberations. The reverse is also true. The gall bladder is affected to a great extent by a person's psyche. In addition, if the biliary tract is in poor condition, this may also result in disorders of the digestive part of the pancreas. Detoxification with Hepcirk in combination with Anti-Anti B focuses on the improvement of intestinal symbiosis. This combination can also be used for problems with blood lipids and tackling the products of sebaceous glands.

LIENCIRK

The spleen is a very sophisticated apparatus that is able to recognise whether thrombocytes or blood cells are approaching the end of their lifecycles. Old and damaged blood elements are eliminated from the circulatory system and bone marrow is instructed to produce new ones. In addition, the spleen kills new, but imperfectly formed blood elements. Sometimes, this process is carried out in such an uncompromising manner that a permanent lack of blood cells and thrombocytes is felt in the blood circulation. In such cases,

Liencirk has a role to play in the detoxification of the spleen. The spleen affects the lymphatic system, which can result in swelling under the eyes or swelling of the lower extremities. It also affects the thyroid gland and bone marrow. Liencirk can not only be combined with Anti-Anti B, but also with detoxification preparations designed for the thyroid gland, lymphatic system or bone marrow. This preparation, as well as some others, are similar to those used in traditional Chinese medicine. Liencirk also helps to tackle emotions such as worry and apprehension, which are typical for our civilization. In addition, the preparation cures dependent organs, i.e. the pancreas, stomach, lymphatic system, thyroid gland and/or bone marrow. The preparations Hepcirk, Corcirk, Rescirk and Urcirk are programmed in a similar manner.

MET

This preparation is intended for the elimination of toxic metals. Some metals, such as iron or copper, are essential for the body, whereas others, such as lead, mercury or cadmium, are toxic. Some metals are dangerous if they reach a site where they can have a harmful effect, such as in the nervous system (gold and silver). The majority of metals enter the body from the outside. They cannot be associated with any specific disease, so Met should be perceived as an adjuvant.

A symbiotic environment guarantees the correct utilisation of food, minerals and vitamins.

META

Meta is used for the elimination of the residues of gluten, casein, lactose and the metabolites of fats or margarine. Considering the fact that no animal consumes such heterogeneous foodstuffs, including hard-to-believe combinations, the situation for man is very complicated. The purpose of the Meta preparation is to provide a remedy for metabolites resulting from intolerances to foodstuffs. This is partly due to impaired immunity and partly due to the changes in the genetic makeup of plants and animals. Meta should not be administered without keeping to an effective diet or without eliminating the metabolic disorder, for which the Anti-Anti B and Imunokomplex preparations should be used in particular.

MUN

This preparation is designed to care for the immune system, the construction and functioning of which are determined by two organs: Peyer's immune patches in the intestines and the brain. Although the primary and controlling structure within the immune system is a certain part of the brain, 70-80% percent of the immune system's performance is ensured by the intestine. The level of immunity is also affected by the collaboration of other organs. Mun should not be used in fits and starts and in periods with an increased risk of infection, but continuously, at any time and at any phase of life. After the toxic burdens have been eliminated from the respective brain structure and intestinal symbiosis has improved, the immune system will start working optimally. The effect can be expected within the order of days. The preparation can be administered separately or within the framework of other detoxification procedures.

ORGATOX

This preparation focuses on external toxins - pesticides. We all know that agriculture, fructiculture or wine growing cannot do without herbicides, fungicides and insecticides. These are predominantly chemical substances, many of which have now been forbidden after years of being applied. Restrictions on the use of others is pending, even though we know they are harmful to human health. No specific disease can be associated with pesticides, although they have toxic effects on the internal environment of both humans and animals alike. Generally speaking, the body is able to get rid of these substances on its own, but in some cases it is not and detoxification is necessary.

PENEV

Detoxification of the peripheral nerve system, which is comprised of two different groups, is essential. The first group is the 12 pairs of cranial nerves that emerge directly from the brain, but which fulfil tasks outside the brain (e.g. optic nerve, auditory nerve, trigeminal nerve, or the longest of the cranial nerves, the vagus nerve) The second group is the spinal nerves that emerge from the spinal cord. Many people believe that failures of spinal nerves are caused by changes in the structure and configuration of the vertebrae. However, there are other explanations as well. For example, the nerve may be irritated or even destroyed by microorganisms, immunocomplexes, metals and other toxins.

RESCIRK

Rescirk is predominantly designed for the detoxification of the entire respiratory system. It eliminates all known toxins from all components of the respiratory tract. It can either be used on its own or its ef ficacy significantly enhanced in combination with Mun. This is because immunity plays an important role in chronic as well as acute infections. The preparation is part of the programme focused on autoimmune disorders. When taking into consideration the close relationship between the lungs and the large intestine, the intestinal microbiome therefore also requires fine-tuning. For this purpose, Rescirk is combined with the Anti-Anti B preparation at the beginning of the detoxification process.

TENS

This preparation focuses on the "hardware" related causes of stress. The structures in which programmed stress is maintained may already have been damaged during prenatal development or early childhood. Stress can also be programmed in later stages of life. The only outward defence is to become detached and to show an indifference to the hardships of life. However, stress as a pathological manifestation is maintained in specific brain structures, in which the operational part of short-term memory is also accommodated, and is accompanied by the accumulation of toxins. The mental causes of stress must therefore be eliminated and subsequently the respective brain structures detoxified. It is for this reason that Tens is combined with the Anti-Anti B preparation at the beginning of the detoxification process.

URCIRK

Urcirk is designed to cure the urinary system and part of the male genital organs, namely the testicles. The female genital organs and prostate gland are treated with the help of different preparations. The reach of Urcirk is extensive and ranges from chronic inflammatory conditions of the kidneys, renal pelvis, urinary ducts, urinary bladder and urethra to the toxic burden of the testicles. The preparation also affects the nervous system and can cure disorders such as bed-wetting, incontinence and other urination disorders. As is the case for all detoxification preparations intended for the primary organs, Urcirk has its adjuvant effect targeted on anxiety, bones and hair. It is combined with the Anti-Anti B and Bak preparations.

VEG

Veg focuses on the autonomous or vegetative nervous system, a system that is shrouded in mystery for laymen and health care professionals alike. It is called autonomous because it controls all processes in the human body in an independent way. The system creates a dense network that does not consist of individual nerves, but plexuses. The autonomy of the system is however only seeming. It is connected to the brain by what in yoga terminology is referred to as solar and lunar pathways. It is for this reason that we suffer from diarrhoea when we have to cope with mental stress. The autonomous system participates in our bodily feelings and to a great extent also in the functioning of the lungs, heart, stomach, intestines, bladder and other organs. The autonomous nerves are controlled by, among other things, hormones produced in the adrenal glands - catecholamines. Stress is transmitted to the body via these hormones.

No specific disease can be associated with pesticides, although they have toxic effects on the internal environment of both human and animals alike.

Acid-base balance

The mechanism responsible for the balance of acids and bases in the body is called homeostasis. The balance is expressed on the basis of the pH value, which can range from 0 to 14. A pH value of 7 represents a neutral environment, whilst values less than 7 an acidic environment, and values greater than 7 an alkaline environment.

The acid-base balance is dynamic. This means that it is reflective of the metabolic processes that take place in our bodies on a continuous basis, i.e. sometimes the environment is acidic, whilst other times it is alkaline. However, the body closely controls this balance, keeping the pH value within a very narrow range of 7 - 7.4. Conditions above (alkalosis) or below (acidosis) this limit are life threatening.

Overacidification

In our well-nourished population, overacidity of the body is commonplace. This overacidity is the result of the accumulation of acid metabolites (products of metabolism) in the body. Simply said, we eat too much sugar, fat and meat in inappropriate combinations, ratios and quantities. Some foods are acid-forming, while others are base-forming. However, this does not mean that if a substance is sour, that it is acid-forming. In the majority of cases, the opposite is true. Sugar, although sweet, is acid-forming, whereas sauerkraut is base-forming. What matters is the reaction that the specific food brings about within the body. Hyperacidity results in a number of unpleasant health consequences. This manifests itself in the form of fatigue, pressure in the stomach, intestinal discomfort, digestion disorders, heartburn and/or flatulence. Related health issues may include skin problems, brittleness of nails and hair, cariosity, headaches and backache. If the person's diet is not adjusted, serious health problems, such as arthrosis, rheumatism, gout, stroke, haemorrhoids, vascular disorders and/or heart failure may follow. Excessive stress also contributes to hyperacidity, not to mention smoking, alcohol, polluted air, electromagnetic smog, a lack of physical activity and also, surprisingly, an abundance thereof.

We eat too much sugar, fat and meat in inappropriate combinations, ratios and quantities.

Several solutions available

A majority of people suffer from so-called latent overacidity. This means that their bodies are in a permanent fight with acids. To be able to neutralise them, the body needs to deplete its reserves of calcium, magnesium, potassium and sodium. This process can go unnoticed and without any external symptoms for years. However, in the meantime, the body becomes exhausted and weakened. In particular, the reserves of minerals, which modern people cannot afford to lose, become depleted. As a result, bone matter becomes weakenedand osteoporosis develops. Hyperacidity can be cured in several ways. Firstly, by adjustments to diet. This does not mean following a drastic diet or making enormous changes to what you eat, rather the avoidance of certain foods or the less frequent consumption of smaller quantities thereof. Secondly, by starting to use various means of deacidification. Lots of alkaligenous medicaments and drinks are available on the market. In the worst-case scenario, good old soda is highly effective. It may be drunk either dissolved in water, ideally between meals, or can be used as a bathing agent. Regularly taking warm baths with bicarbonate of soda will "extract" acids from the body and induce a very pleasant feeling of relaxation. This effect is especially

Base-forming foods (from the most efficient to neutral ones)

1) celery, cucumber, spinach, raisins, dried figs, ginger
2) carrots, dandelions, vegetable tops, kohlrabi, black currants
3) mushrooms, broccoli, cauliflower, melon, mango
4) beetroot, radish, lemon, garlic
5) lettuce, curly cabbage, olives, apple vinegar, tomatoes, green oats, seaweed
6) soya beans, oranges, onion
7) bananas, pears, apples, raspberries, apricots, cherries, hazelnuts
8) potatoes (in particular boiled in their jackets), buckwheat, green and herbal teas

Foods that cause hyperacidity (from the worst to the least harmful)

1) pork, beef, veal, rabbit, seafood, smoked meat products, drinks containing phosphoric acid
2) turkey and chicken meat
3) fish, eggs, liquors, chocolate, hard and ripening cheeses
4) lentils, oats, wheat and other cereals, bread, margarine, nuts, pasta, white rice
5) butter and cream
6) cottage cheese and immature cheese, cocoa, beer, wine, coffee, black tea
7) fermented dairy products, cow's and goat's milk, almonds

significant after physical exertion when the muscles and joints are flooded with lactic acid.

Meat always with vegetables

In general, preference should be given to base-forming foods or those foods that generate a neutral reaction. It is advisable to avoid an excessive intake of monosaccharides and peptides, as well as overeating. Gorging and/or insufficient chewing of food also plays a negative role. So, eat slowly and with pleasure and do not overeat before going to sleep. Every meal should include vegetables or fruit. Instead of consuming products made from white flour, include products made from wholemeal flour and various cereals, such as oat flakes, buckwheat, millet and whole-grain rice. Always eat at least two handfuls of vegetables with meat and other animal proteins, as well as eat plant proteins (such as nuts, seeds and legumes). For cooking, use fats with a high omega-3 and omega-6 fatty acid content. For example, rapeseed, linseed, pumpkin and olive oils. Oils are generally neutral. Even moderate drinking of coffee and black tea may not reduce the pH value of the internal environment considerably. Often eat mushrooms and season meals using herbs. Drink fresh water, tap water if possible, but without chlorine, not carbonised spring water and alkaligenous mineral waters, vegetable bouillons, unsweetened fruit and vegetable juices or herbal teas. You can definitely find something among the aforementioned that you will like.

Marcela Václavková

The important role of minerals

From early childhood we are constantly reminded to eat fruit and vegetables to get enough vitamins. Nobody says: "Eat to get enough minerals." The absence of minerals in the body is not only closely linked to the immune system, but also to the enzymatic processes involved in detoxification.

If you consult scientific references, you will learn two things. Firstly, that today's food does not include enough minerals, and secondly, that man is permanently undernourished as far as minerals are concerned. We must therefore supplement our mineral intake throughout our lives. How do we accomplish this when: a) agricultural land is exhausted and plants are over-cultivated? and b) modern man's intestines are degenerated, substances are not absorbed, and the transport mechanisms are impaired? The answer is by looking for food-stuffs with a high mineral content, such as nuts, wild plants, organically bred animals and poultry, and to eat (bone) broth.

Poor absorption of pills

The poor absorption of minerals, proteins and vitamins is a reality. One of the most widespread solutions is to supplement these essential substances. However, the majority of pills, capsules and solutions stand very little chance of being released from the small intestine into the body. A number of experiments performed globally have shown that the absorbency of minerals through the skin is much higher than through the digestive tract. However, this does not mean that you cannot buy magnesium in pill form on the internet that will be really beneficial to you. Buying such a product in a pharmacy though is nearly impossible. For practical reasons, baths with dissolved minerals or body oils containing such substances are much better. The long spa tradition therefore speaks for itself. When it comes to mineral deficiency, magnesium comes in first place. Its consumption in the body is high. Sulphur follows in second place. Mineral deficiencies may also occur with regards to calcium, iron, zinc, lithium and selenium. Furthermore, it is not unheard of to have a deficiency of trace elements such as manganese, molybdenum and boron, to name just a few. Although they are only present in the body in minute quantities, they are essential for the functioning of tissues and the immune system.

Magnesium deficiency

It is reported that 2,000 papers are published annually on magnesium deficiency in the human body. This element plays multiple roles. It acts as a catalyst for the majority of chemical reactions in the body, produces and distributes energy, participates in the synthesis of proteins, transmits nerve impulses and is responsible for making muscles relax. Magnesium is an important ATP co-factor. This compound is produced in cell mitochondria and is the body's main source of energy. It is produced by each of the hundreds of millions of cells in our body. Magnesium also plays a vital role in the stability of cell membranes, the transfer of hereditary information, the transmission of signals between neurons, and the behaviour of key electrolytes - calcium, sodium and potassium. A lack magnesium can result in tiredness, aggravated memory, headaches, depression, fluctuating blood pressure, muscle tone disorders, convulsions, insomnia, cardiac arrhythmia, irritable colon, irritable gall bladder and/or anxiety. It should be noted that increased irritability may also be due to a calcium deficiency. However, if we start to administer calcium, the chances are high that we will aggravate the deficiency in magnesium. It is also misleading to believe that all people suffer from a lack of magnesium and that all problems can be resolved by administering it. This notwithstanding, the replenishment of a chronic magnesium deficiency is difficult and can take many months. Baths with magnesium flakes or the application of magnesium oil onto the skin can reduce the required time to four to six months. If magnesium is administered in too high doses, this results in diarrhoea.

Pills, capsules and solutions stand very little chance of being released from the small intestine into the body

Try sulphur baths

Sulphur is such an essential element for life that it can be found in every single cell of every plant and animal. It is one of the most important raw materials for the production of healthy cells and one of the most important structural elements of joints, cartilage, tendons, ligaments and muscles. The majority of people understand that sulphur is very important for the production of collagen and collagen containing ligaments. It is for this reason that sulphur and collagen are components of various cosmetic and food supplements. The cell replacement process is continuous and takes place 24 hours a day. This process requires raw materials. The use of organic sulphur reduces the burden created by toxins. A number of sulphur spas found in the Czech Republic provide the opportunity to replenish sulphur levels in the body. Alternatively, you can prepare a bath or a foot bath at home and add Sulfatan, a product that is readily available in pharmacies. A simple food supplement containing organic sulphur is MSM, which is also readily available. MSM is an antioxidant that not only includes sulphur, but also has antioxidant properties. Although you can choose to buy highly priced Sulphur containing food supplements, it is far better to look for sources that will not financially ruin you because this therapy is not short-term.

Marcela Václavková

Healthy food is the most important

In order for our bodies to work well, we need to eat healthy food. Forget fatty or high calorific meals. Delicious, enticing meals can be prepared from purely natural ingredients.

Buckwheat hamburgers

Ingredients: 200 g buckwheat, 1 medium-sized curly cabbage, 200 g onions, 2 tbs maize starch, garlic, ground nutmeg, sea salt, oil

Preparation:
Mix the boiled buckwheat with the boiled chopped curly cabbage. Dissolve the maze starch in a small amount of water and add to the mix. Season to taste with garlic, ground nutmeg and sea salt. Make hamburgers from the mixture and bake them slowly in the oven on a baking tray thinly coated with oil.

Tofu onion soup

Ingredients: 150 g tofu, 150 g potatoes, 150 g onions, 1 carrot , 1 parsnip, 1 celeriac, 5 tsp oil, 1.2 l water, sea salt, crushed cumin and soy sauce

Preparation:
Clean the carrot, parsnip and celeriac and grate them coarsely. Dice the peeled potatoes. Boil all these ingredients in salted water. Place the diced the tofu (one-centimetre cubes) and sliced onions onto a baking tray and season with the soy sauce and crushed cumin; roast in the oven for a short time. Before the potatoes are cooked through, add the baked tofu and onions to the pan and finish cooking. Garnish with herbs to serve.

Roast Hokkaido with rice

Ingredients: 250 g rice, 250 g Hokkaido pumpkin, 100 g leek, sea salt, chopped parsley

Preparation:
Apply oil to a baking tray; dice and salt the Hokkaido; chop the leek into thin rings; in layers place the boiled rice, Hokkaido and leeks in the baking tray, repeating this process until all the ingredients are used up. Cover the tray and bake for 30 minutes at 200 °C, then remove the cover and bake for a further 10 minutes. If the rice is too dry, it is possible to add a little water. Garnish with chopped parsley to serve.

Risotto with red peppers

Ingredients: 2 big red peppers, 2 tbs olive oil, 2 sliced cloves of garlic, 2 diced tomatoes, 2 bay leaves, 1 and 1/2 cups of rice, basil, freshly ground black pepp er, salt

Preparation:
Chop the red peppers in half and place them on a baking tray; lightly coat the peppers with oil and place them under the grill until they begin to go black; remove them from the oven and allow to cool for a few minutes before skinning and slicing them thinly. Heat oil in a pan; add the diced tomatoes and garlic and fry for about five minutes; then add the red peppers and bay leaves and mix thoroughly. Mix in the rice and heat through for two to three minutes. Add hot water and gently boil until the rice is soft and the water has

disappeared. Put the soft rice to one side; add salt and black pepper and leave it covered for about 10 minutes. Sprinkle with basil to serve.

Tempeh goulash

Ingredients: 200 g tempeh, 200 g onions, 200 g carrot, 200 g mushrooms, oil, wine or apple vinegar, soy sauce, 2 tsp of maize starch, sea salt

Preparation:
Cut the onion into thin slices and stir-fry on oil; cover with thin rings of carrots and slices of mushrooms; add some water and simmer on a low heat for 20 minutes. Dice the tempeh and boil for 10 minutes with some wine vinegar and soy sauce. Add the onion, carrot and mushroom mix to the prepared tempeh and simmer for 40 minutes. Thicken the mixture with maize starch. Season with parsley or cress.

Vegetarian borscht

Ingredients: 250 g cabbage, 1 carrot, 1 parsnip, 1 onion, 1 beetroot, 1/2 celeriac, 200 ml sour cream, 800 ml water, oat flakes, oil, sea salt

Preparation:
Stew the coarsely grated carrot, celeriac, parsnip and diced onion on a teaspoon of oil and water in a covered pan. Add the grated cabbage and water and boil until soft. In the oven, bake the whole beetroot; peel it, chop it finely and add it to the soup. Thicken with oat flakes. Remove from the heat and mix in the sour cream to serve. If required, add a few spoonfuls of oil to improve the texture.

Courgette pie

Ingredients: 1500 g courgettes, 350 g coarsely ground wholemeal flour, 150 g of finely ground wholemeal flour, 300 g oat flakes, 100 g raisins, 100 g walnuts, 5 tbs barley malt, 2 eggs, 200 ml oil, ground cinnamon, sea salt

Preparation:
Mix the barley malt, eggs, washed and finely chopped raisins, walnuts, oil and cinnamon into the coarsely grated courgette. In a different bowl, mix the flours thoroughly with the oat flakes and add the courgette mix, doing the same. Take a baking dish, lightly brush it with oil and dust with flour. Add the mix and bake for at least one hour.

Stewed curly cabbage with buckwheat

Ingredients: curly cabbage, olive oil, buckwheat flour, onions, garlic, cumin, black pepper, marjoram, whole buckwheat and salt

Preparation:
Chop the curly cabbage into pieces and boil in salted water. Prepare a light thickener from the oil, buckwheat flour, grated onion, garlic pounded to a paste and cumin; add water from the boiled curly cabbage and gently boil. Subsequently add the boiled curly cabbage and boil for a few minutes more. Season with black pepper, marjoram and salt. Serve with boiled buckwheat.

Miso soup with shiitake mushrooms

Ingredients: Shiitake mushrooms, carrot, garlic, olive oil, vegetable bouillon, miso paste, leek, tamari soy sauce

Preparation:
In a pan with olive oil, gently fry the cut mushrooms, finely cut carrot and sliced garlic until golden brown. Add the vegetable bouillon, cover the pan and simmer for five minutes. Melt a tablespoon of miso paste in a small amount of the hot bouillon and add it to the soup. Add the finely chopped leek and allow to rest for five minutes before serving. Flavour to taste with tamari soy sauce.