

Asociace terapeutů
a detoxikačních
poradců

KINOSVĚT

With Dr Josef Jonas: About the Health

Episode 11:

ASTHMA

I recently became aware of a comical situation. When I was small, I used to go to the “World” cinema to see Popeye and Charlie Chaplin. A stove in the middle of the hall was used for heating. Today, when one might say I am at the end of my career, I am back in the World cinema. So the circle is complete and we are back where we started, but in a spiral, as the Greek philosophers used to say, so we are still a little higher than we were those seventy years ago.

Our theme for today is asthma. It is a very common health problem. In our country, around 300 thousand people suffer from some form of asthma, which in a country of ten million is a very high number, and the incidence of these diseases is increasing. Asthma is basically a nerve disease – it is not a lung disease, as many people think. And I consider that very important. We must first know the cause and place where this cause acts; then we can completely rationally decide the treatment. But we will talk about that later.

Today I would also like to philosophize a little about the concept of detoxification. Most of you probably think that you have never come across detoxification, and that it is some modern or trendy word, as various forms of detoxification suddenly appear in many magazines. However, when we look at it more carefully, we discover that the greatest advance in medicine, the greatest advance in reaching the highest age and the greatest advance in the quality of our health is thanks to detoxification. Not transplants, amazing robotic procedures on the human body or other incredible technical tricks, but actually detoxification. After all, you devote most of your day to detoxification.

Toxins occur around us, but obviously also inside us; in our bodies. And if you clean your home, if you wash yourself and maintain perfect hygiene in your abode, clothes and workplace, if you thoroughly purify water and inspect food so that it does not contain any poisons, that is detoxification. Let us be aware that we are talking about toxins which can affect us if there is untidiness, dirt or inadequate hygiene in place. It was roughly two hundred years ago that we reached a higher level of development; today we devote extraordinary attention to hygiene and the removal of toxins from our environment, and we

are becoming more and more educated in this respect. And that is the main reason why we can be lively in old age, why our brains can function until we are almost a hundred, and why we can actually hope that our descendants will live to a hundred years. Božena Němcová's grandmother was fifty when Němcová referred to her as such, and she actually depicted her as a old woman living in Staré Bělidlo. That no longer applies today. In particular, if you go to Hollywood, you will suddenly see that age does not play any role at all – at the cost of very thorough detoxification, of course.

But we forget that we also have to detoxify our internal environment, the environment of our organism. And this is where a normal and well-understood practice, which is the mechanical and chemical removal of toxins, suddenly fails. We use various detergents, cleaners and other hygienic preparations, and of course we use a vacuum cleaner, broom and all sorts of other items to eliminate toxins from our environment, but that suddenly fails with respect to the inside of our organism. All of a sudden those rules do not apply, even though people try to mechanically cleanse their organism very thoroughly. For whole millennia, people have tried various emetics, laxatives and perspiratory and diuretic agents. These were all ways of cleansing the organism mechanically. Today, thanks to information technology, we have progressed much further. We know that the inside of our organism functions mainly on the principle of feedback. Feedback is an informational concept, and thus we can only enter our organism because we understand that which is described today as the human organism's information field.

But let us return to asthma. Asthma manifests itself in various ways, but almost always somewhere in the airways. It is basically a fit of breathlessness – we usually say that the person cannot breath out, and cannot force air out of their lungs, because their airways are constricted. There are also various other types of asthma, e.g. exercise-induced asthma during some type of physical exertion, resting asthma, and allergic asthma. However, we must be careful here because asthma does not have a direct connection to any allergy, but can be combined with one. A person can also suffer from asthma following various infectious lung diseases, or asthmatic cough, and we are familiar with laryngitis among children, which is the inability to breath in through a constricted larynx, etc.

Basically there is always breathlessness, and this breathlessness is not of a permanent nature but paroxysmal, so between these fits the person can breathe well. However, asthma must not be allowed to last very long, not more than ten years, because after that the airways become destroyed. Asthma is treated quite well and successfully, thanks to corticoids and agents which dilate the airways. It is possible to maintain a sick person in quite a good condition, but at the cost of the permanent and continuous administration of medicine. I even heard from one teacher recently that she asked mothers whether their children used certain medicines. One mother said that her child does not. The teacher said: "But I saw her inhaling something through her mouth." And the mother said: "Yes, but that is not medicine, she just has asthma so she uses a spray like everyone else." So it looks like it is becoming the norm. But it is not the norm, and it is not normal.

So the cause of asthma is the breakdown of the nerve supply to the airways. A long nerve called the vagus nerve, or *nervus vagus* in Latin, comes from the brain and passes through many structures, including the airways. This nerve contains nerve fibres which can cause the the airways to dilate or constrict. If the respiratory system and the nervous system function quite normally, the airways dilate and constrict as needed, according to exertion – in short, according to the situation. But this case is not normal, and the airways constrict unnaturally in

what is basically a spasm. And that is the main cause of asthma – spasmodic breathlessness.

As we already well know, calm and order in the intestine, i.e. intestinal symbiosis, with which we always start in detoxification, has a positive effect on nervous sensitivity. To normalize the intestinal environment, we use the **Activ-Col** supplement. Not only does this reduce the number of toxins escaping from the intestine, including various allergens, but it also reduces the overall sensitivity of the nervous system. And we already know that increased sensitivity of the nervous system means too many electrical impulses, so that is always our starting point.

Likewise, it is worth adding the **Biosalz** supplement, or perhaps sometimes the **Activ-Acid** supplement instead, in order to eliminate salty crusts and deposits – perhaps from the nervous system itself.

Then we can proceed directly to the detoxification of the structures which are responsible for spasms in the airways. As I said, the main structure which we will attack, which we will cleanse, will be the *nervus vagus*. It belongs among the cranial nerves, and for its detoxification we use the **NeuroDren** drops, which follows on from previous preparations or, of course, can be taken simultaneously with them. By this, we rid this nerve of the causes of sensitivity. And because it comes from the brain and also passes through a large part of the brain, asthma is obviously also affected by psychological and other influences, which is why we add the **Cranium** drops - it also reduces sensitivity in certain structures in the brain which are responsible for these problems.

So we have four supplements here - Activ-Col, Activ-Acid, NeuroDren and Cranium. Lastly, I would name the **RespiDren** drops, which you also know very well. The **Cranium** drops will also help us to eliminate the allergic problems which can often accompany asthma. They can accompany it because all of these disorders take place in a certain part of the brain which is very small, and by that I mean spatially small. Everything is actually in one mound there, so toxins which affect one part of the brain can also affect another part which is immediately adjacent to it. And so these diseases, which are seemingly very different, occur together.

We will use the **RespiDren** drops not just to eliminate inflammatory processes in the airways, which may not be the cause of asthma but represent its significant complication, but also to normalize the excretion and function of histamine, which we very often mention and which can also be a cause of both the inflammation of the airways and the state of sensitivity which ultimately leads to the constriction, or spasm.

Thus, we can targetedly rid individual structures of toxins, so that they can begin to operate naturally, as their genetic code commands, i.e. completely functionally and without error.

But we have to say, quite clearly, that we are not actually treating, constricting or dilating anything. We only try to make sure that the structures in question, which participate in a certain type of disease, work naturally and normally without any external support, maximally – and such support is always appropriate – in great deal, we need to consider whether our life is not too stressful, whether we are not taking on too much and thinking about it all, and whether we think that we will demolish the world with our thoughts. Most importantly, a **person should live freely and joyfully, and that is the greatest medicine** – the best prevention against the occurrence of asthma.

Source: <https://www.youtube.com/watch?v=kzFmkPfVdUI>

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