

With Dr Josef Jonas: About the Health

Episode 6:

THE IMMUNE SYSTEM AND ALLERGIES

Today we will look at how we can utilize the knowledge we acquired during the previous parts of our detoxification series. How to use everything we have discussed, so we improve our resistance and eliminate various immune disorders, such as for example allergies or weakened immune system, which then exposes us to the dangerous effects of various microorganisms.

We can also talk about atopia, eczema, autoimmune disease and antitumor immunity, which protects us against tumorigenesis – as long as it functions properly. A type of immunity also exists, disturbance of which exposes us to the risk of a rheumatic reaction. In short, there is a whole range of immune disorders; they all have the same nature and the same cause, but still differ from one another in some way. We will briefly discuss all of these problems today. We already know that intestinal symbiosis, or a good intestinal environment, are very important for immunity. It is due to the fact that in the part of the digestive tract where the large intestine changes into small intestines, there is an accumulation of lymphatic tissue, which is very important for good functioning of the immune system. While having intestinal dysmicrobia, the function of this apparatus is disrupted, and the entire immune process is severely damaged as a result.

A small reminder: the immune system is composed of around ten types of immune cells, which have various functions. It is also composed of substances which work throughout the entire immune system. That is putting it very simply. In reality the immune system is very complex and works ceaselessly every second. It cannot allow itself to be damaged, and it cannot allow itself to rest or miss anything. In short, it is a system which must work at full speed from birth until death. However, it has a certain peculiarity: if it cannot handle something immediately, at the very moment it needs to be sorted out, it will not return to the given problem and the organism must deal with it in some other way. This very often takes place by depositing the problematic substances in some space, organ or tissue, and this actually saves person's life. On the other hand, however, such behaviour lays the foundation for a development of chronic problems in our organism at a later stage. Thus, it is in our interest for the immune system to function flawlessly and not show various problems, otherwise we suffer from all of the issues I mentioned at the beginning.

An important organ which is responsible for the functioning of the immune system is the brain. Our brain contains centres, miniature areas, which control and manage the operation of the immune system. We do not have to be surprised at their size; today we know, from electronics, that one small microchip can control enormous objects. It can be programmed to an incredible size. Our organism functions in the same way.

We very often talk about stimulating the immune system, for example with the help of certain plants and their extracts. We have several to choose from. On that note, however, I would say: "Do you want to use a whip to stimulate a lame horse?" If our immune system is not properly organized, and if it does not have the resources and everything else it needs to function properly, then stimulation is no use to us. What's more, a person does not need their immune system to work one or two hours a day longer. We need an immune system which works 24 hours a day!

In terms of the influences which damage the functioning of the immune system, and there is a whole range of them, we must first mention stress. Stress reduces the effectiveness of the immune system by as much as 50%, within a very short period of time – usually a few dozen minutes.

For example, if children get stressed in school, their immune system may not function well. It may fail, and expose the entire body to various threats.

Of course, there is also a question of diet and energy management. But the fundamental influence on the immune system comes from what I discussed at the start – the intestinal environment. It is here where we can put our knowledge from previous episodes to good use.

Stress and the intestinal environment are followed by biogenic salts, hidden microbial deposits and hidden infections. Putting all these factors together leads to a failure of the immune system which, for example, can result in allergies.

From the perspective of natural medicine, this is very simple. A certain centre in our brain decides about a hysterical reaction to an allergen, which is actually a foreign protein, whether of plant or animal origin. Our organism should deal with such protein without any great problems, even though it is foreign to it, and it should react to it naturally.

Let us imagine that pollen grains settle somewhere on the mucous membrane. They are foreign substances, and the immune system should quietly eliminate them without us noticing. However, in an allergy sufferer, the immune system activates a hysterical reaction and sends an excessive amount of immune cells and immune substances to the critical locations. We describe the reaction which occurs as an allergy.

We can talk in a similar way about atopia. However, its case involves a different control centre in our brain. Individual immune disorders, as I named them at the beginning, including anticancer immunity, autoimmune problems, atopia, allergy etc., are always dependent on a disturbance in a certain place, a certain "microchip" in our brain, which fails and shows damage.

In the case of autoimmune diseases, for example, our immune system attacks our own organism. In cancer, the so-called cell "killers", whose task is to eliminate any cancerous cell which appears in our organism (this means any cell with disrupted genetic regulation) are not activated. And it is at that very moment that we can talk about resistance or lack of resistance to tumours.

Thus, the type of immune disorder depends on its localization in our CNS. These disorders are mainly caused by hidden infections, hidden microorganisms and microbial deposits. We may also encounter toxic metals or various chemical substances – in short, foreign pollutants which enter our bodies from the environment. That means substances which we take in involuntarily, by ingestion or breathing. The second method is voluntary, in the form of various food additives or medicines which are not always as beneficial as they appear; in extreme cases it may be drugs.

There are many more foreign substances which are involved in disorders of the immunity of control centres in our CNS. So, if we want to avoid these problems, if we want our immunity to function optimally, we must cleanse these immune centres and repair our disrupted intestinal environment. The **Anaerg** preparation is used to cleanse all the immune centres in the brain; it helps to permanently drive immunity up to such a level that we will be protected against its weaknesses and disorders.

Source: www.youtube.com/watch?v=1m5s1HwX-ek

Copyright © Asociace terapeutů a detoxikačních poradců z.s. a Kino Svět (Československá filmová společnost, s.r.o.) 2016

<http://asociace-tdp.cz/>

www.kinosvet.tv