

INTESTINAL SYMBIOSIS AND DYSBIOSIS – PART 3

*Hello. I wish a wonderful day to everyone watching the ATaDEP internet television series, in which Dr. Josef Jonáš examines various health problems, looks for their causes and offers solutions. Maybe even with Joalis preparations. Two parts of the series have already been devoted to the problem of intestinal symbiosis and dysbiosis, a theme which is more serious than we may think. But, believe us, there will also be plenty to talk about in the third part. In it, among others, Dr. Jonáš will familiarize you with the revolutionary preparation **ActivCol**, which offers many solutions. You have the floor, doctor.*

We've already explained the concept of dysmicrobia of the digestive system in previous parts, so I don't think I need to deal with what we should actually imagine under these terms. A major problem lies in the fact that, at present, no method of contemporary official medicine can diagnose intestinal dysmicrobia. There are no diagnostic tools for it. For example, in stool it is not possible to capture all the micro-organisms which occur in the intestine, because they are anaerobic in nature and immediately die when they're exposed to air. Also, it really doesn't matter what organisms are in the intestine – what matters is where they are. And this is what an examination of the stool won't tell us at all – if, in a certain part of the intestine, there's a shortage of certain microbes and an excess elsewhere, and if they are in the small intestine, the large intestine or the stomach. In short, diagnostic methods won't provide us with the answers to these serious questions.

Therefore, we have to rely solely on experience. We can also rely on the fact that we'll never go wrong by “cleaning out” the intestine. After all, we can safely say that the large majority of the inhabitants of the Western world suffers from dysmicrobia. If I should evaluate it just according to my advisory centre, I would say that 90% of the people who visit me certainly suffer from dysmicrobia, have certain problems with it and suffer from certain consequences. And we're here today to talk about what consequences we can expect or, on the contrary, which health problems we can conclude are caused by dysmicrobia.

First and foremost, these will be intestinal problems. Diarrhoea, constipation, flatulence, various sensations in the intestine to the point of pain; in short, intestinal discomfort – these are all almost certain signs of intestinal dysmicrobia. Furthermore, they are also inflammations of the urinary system, because over-abundant micro-organisms get into the urinary tract, settle in the bladder and infect the urine. These states are then interpreted as inflammations of the urinary system. During cultivation, intestinal micro-organisms may be found in it, but this is not usually regarded as proof that the problems originate in the intestine. With all gynaecological problems, I would also recommend a normalization of intestinal microflora to be performed during treatment because, just like in the urinary system, these micro-organisms penetrate the gynaecological system – the vagina and the uterus – and in the end they also seriously affect fertility. Female infertility in particular, without any objective findings, is usually caused by dysmicrobia. And it's a very common phenomenon today. It's estimated that approximately 20-25% of couples are functionally infertile. After intestinal symbiosis is restored, this state can return. Intestinal symbiosis is actually one of the most important conditions for dealing with female infertility. It's not quite as well proven in male infertility, so I can't responsibly claim that intestinal dysbiosis plays some role in the formation of sperm production. But it's quite possible.

Intestinal dysmicrobia must also be taken into account in various functional problems, e.g. in dysfunction of the gall bladder or the pancreas. These are also usually caused by toxins, which are released from the intestines and have an adverse effect, especially on the entire abdominal nerve apparatus, which is truly enormous. This is sometimes described as the "second brain", because it affects not only what happens in the abdominal cavity, but also other organs.

And while we're on this topic, I have to draw attention to a very important issue, which is breast-feeding. Breast-feeding should be undertaken by women whose digestive tract is completely in order from a microbiological perspective. Of course, breast-feeding is a very important act in psychological, physiological and nutritional terms. Unfortunately, however, breast milk is not formed in the breasts, as many believe; it's formed from intestinal content. Therefore, the quality of breast milk is highly dependent on the quality of the intestinal environment. The lymph obviously also plays a role in it, but micro-organisms from the intestinal tract get into the lymph, too. Thus, various micro-organisms or toxins can get into breast milk, and then parents are surprised that the child has cramps or colic, that it's restless, that it's vomiting, that it has eczema or other skin problems, refuses food etc.. So, to a certain extent, breast milk may not only not benefit the child, but actually harm it. At the same time, help is very simple – monitor the intestinal environment, and especially the eumicrobia of the digestive system, which has a completely decisive effect on the quality of breast milk.

Other problems which can create suspicion of intestinal dysbiosis are inflammations of the airways. In Chinese medicine, the combination of the respiratory system, intestine and skin actually forms a triad. After all, our experience also corresponds with this, which is why inflammations of the respiratory system are closely connected to the intestine and the quality of the intestinal environment, and thereby also to the quality of the skin. Sometimes it's an easily resolvable issue, especially with very small children, in whom we often encounter eczema, various pimples, and other changes in the skin.

But even acne, for example, is a definite indicator of intestinal dysmicrobia, and in this case basic treatment should consist of establishing intestinal symbiosis. Fatigue, chronic fatigue, is another logical issue, because the toxins which escape from the intestine, both from micro-organisms and during the processing of food, lead to fatigue, as they affect the activity of the nervous system.

The intestines, or more precisely the micro-organisms in the intestines, produce a whole range of essential substances and vitamins; thus, during dysmicrobia, the organism suffers from a shortage of these substances, which are not produced in the intestine. For example, some animals can produce vitamin C in their intestines, so they're not dependent on its intake in food. Unfortunately humans cannot do this, but we produce other vitamins, especially vitamins in the B group, ourselves with the help of the micro-organisms in our intestines. Given the fact that dysmicrobia is very often also accompanied by malabsorption in the small intestine, we encounter the fact that the organism suffers from a lack of iron, iodine and other microelements, which can have enormous consequences for its entire functioning. And these problems are difficult to diagnose, because even laboratory methods

cannot capture all the possible minerals, vitamins and micro elements, and they don't tell us what their quantity is in the organism.

Therefore, I repeat once again that normalization of the intestinal microflora is always beneficial, even if we don't know precisely which mineral is missing or which vitamin is not being produced.

A very broad area, which we must constantly keep in mind, are immune disorders. Immunity, as we have already discussed, is to a large extent maintained by the lymphatic apparatus in the intestinal wall, and therefore the poor functioning of this apparatus in many ways enormously weakens the immunity of the entire organism. I would even say that the weak immunity of children today, who are constantly sick and always suffer from some health problem, lies in the fact, by now, almost no child exists who is free of dysmicrobia of the digestive system. In my opinion this is because of antibiotics, both in the form of medicines and in food, and due to vaccinations because, as it turns out, vaccinations disrupt the receptors which monitor the intestinal environment and inform the brain, which then serves as the actual regulatory organ for the situation in the intestine.

I could also name many more health problems which may be directly or indirectly connected to dysmicrobia. But, due to its significance, I would like to mention one more problem, which is mental problems, especially mental problems in children: their lack of concentration, fatigue or even more serious problems. Dysmicrobia even plays a very important role in autism. I don't know any person with autism who doesn't suffer from severe dysmicrobia, and I've seen surprising improvement in the development of children's nervous activity after the removal of dysmicrobia. Milder problems can manifest themselves which are very closely related to the state of the microflora in the intestines, particularly in adults. After all, it's not just about the mechanical toxins which are released from the intestines, but also about damage to the nervous system of the intestine and stomach as a whole. These are nervous systems which have a very close relationship with the human psyche.

As I said, I could name a whole range of other health problems, but we also mustn't forget the fact that, if dysmicrobia persists for a long time, it leads to a long-term weakening of the immune system and certain organ systems, in which other toxins then lodge, microbial deposits are created, chronic infections occur etc.. The treatment of such problems then usually lasts a number of weeks or even months, but sometimes the effect is surprisingly quick and sets in during just a few days. Sometimes we also have to use other detoxification preparations, especially to remove toxins such as microbial deposits, metabolic toxins, and inorganic and organic toxins. But, on the contrary, by using these preparations without prior normalization of intestinal microflora, we will not achieve the result we expect.

So, I say once again that today we have a worked out method of treating intestinal symbiosis. We certainly differ from all the recommendations which are devoted to mechanical work with the intestine, which work with micro-organisms beneficial for the intestine, or which are devoted to food. After years of experience, and most importantly after years of work with the EAV device, I've come to the clear conclusion that intestinal dysmicrobia is a nervous disorder which directly relates to or is caused by the state of the nervous system, especially the central nervous system, but of course local nervous systems such as the autonomic nervous system and the so-called enteric nervous system, i.e.

Auerbach's or Meissner's plexus, also play a role. That is why we can state that we manage the treatment of intestinal dysmicrobia with our preparations in such a way that it's accessible to all people, without them having to study detoxification medicine in depth.

So we've composed the **ActivCol** preparation which, apart from lactobacilli and plant extracts, i.e. probiotics and prebiotics, also contains relevant information which leads to changes in the nervous system. The nervous system will then itself make sure that order reigns in the intestines. The ActivCol preparation is even suitable for animals. I would certainly make sure to give one dose a year to every animal, because animals also encounter vaccinations, antibiotics and other toxins, so most domestic animals' problems do not differ at all from that of their owners, i.e. from people.

For children, we have the **Bambi Symbiflor** preparation. This is a preparation which is produced in the form of fructose syrup, so children have no problem consuming it and it has the same effects as the preparations used by adults. I would like to point out that the ActivCol preparation can be poured out of the capsules and consumed directly, for example if the capsules don't agree with someone, or the powder can be mixed with water. But the powder is tasteless, so nobody has any problem consuming it.

At the very conclusion of the series on intestinal dysmicrobia and its consequences, I would like to point out that it's actually a source of toxins whose scope and hazardousness exceeds the sources of toxins outside us and around us, in our environment, many times over. And I would also like to emphasize that we tend to notice everything around us almost too much, but take little notice of ourselves. And so, according to the motto "Start with yourself", that's what I recommend to you.