

**With Dr Josef Jonas: About the Health**

## **Part 1: Toxins and Health**

Diseases have always accompanied mankind, this is nothing unusual. Some diseases that terrified mankind in the past already disappeared, some have remained and some new ones have emerged. With that, new kinds of treatments have become available and each person should be free to choose the one which would return them back to health or even better, the one, that allows to work with the body preventively so one would not get sick, would be immune to diseases and free of fear of diseases.

Today we will talk about one of the **greatest source of disease called toxin**.

Words such as detox or toxin knows almost everyone now. We know that these are substances or other aspects acting virulently. Sometimes the link between the disease and the toxin is very direct and obvious, sometimes extremely complicated to recognize. In the course of this series we will look into the matter more. In any case, helping body to eliminate toxins is not an easy task.

Simple detox procedures such as drinking specific tea, staying on certain type of diet, fasting for several days are often presented as a way to detoxify a body. Unfortunately this is not true! Not so. Detoxification is very complicated, complex and long term process. Just as we consistently maintain personal hygiene, municipal hygiene, cleanliness of our homes, virtually every day, just so we should care about body inner purity helping it remove the toxins.

Naturally, the human body as well as the bodies of animals, are very well equipped to handle various poisons by their own in-built systems and processes. But the man is a very complicated being. It is a living system which is extremely complex. As we all know, the more complex something is, the easier it breaks. So under certain conditions we can see the body's ability to get rid of toxins by itself falter, shatter ... There lies the origin of various diseases. At this point you would not link diseases to a specific toxin, but after we dive into more details, it will be immediately clear to you where the connection lies.

There is no doubt that the word toxin is a very vague word and a lot of different things can be imagined... The best-known are various chemicals, toxic metals, infections, impurities ... They all are toxins that can somehow be measured, weighed, observed ... There are many toxins like this in our environment and people pay particular attention to them. They try to avoid them by eating organic food or food without chemicals, they try to go for walks in the clean forests, meadows, places where

there is less industrial toxins. They try to live in such way so the industry and agriculture would not burden nature. These are the **physical toxins**.

Maybe you will be surprised to learn that these are not the only toxins that cause our diseases.

The second group can be described as **information toxins**. These are the toxins that cannot be weighed, measured, or observed ... and yet nowadays, in the age of computers, when we all are familiar with the term computer virus, it is not really surprising to learn that our organism works on the same basis as a computer.

In case of information toxins we are not dealing with any microorganisms or other visible toxins observable under the microscope, we are dealing with pathological information. The same way as the information transmission is carried in a computer, the same way the body carries various information processes. The whole organism is controlled by programs of different character and it is these control programs in which the errors occur and as a result the whole body starts functioning inaccurately. For example, our blood pressure is high or low, our immunity is badly managed. We can enumerate dozens of other health problems.

As I mentioned, toxins can be divided into material and information ones. When it comes to information toxins we cannot expect them to be eliminated, removed or cleaned out of the body mechanically. We must create methods that will help us restore the control programs, the most important programs our body has built in, back to their ideal form.

This is not the only division of toxins .....

Toxins can be divided into external toxins, coming from the external environment and internal toxins.

We can easily imagine **external toxins** – they come from the environment, food or water; toxins we eat voluntarily in the form of medicine, in the worst case scenario drugs ... in short, the toxins that are part of our lives and our bodies encounter them in the form of food, air, or other things that enter the body daily from our environment.

Far more difficult to imagine are the internal toxins, and personally I consider them more dangerous because their source is hidden inside of us and we cannot run away from them. As the old Latiners' motto says: All that is mine I carry with me. It means: I carry myself everywhere I go, so I carry with me my own toxins and their source.

**Internal toxins** are the toxins created in our digestive tract, especially in our intestine. Our intestine is a huge source of toxins, that works as a perpetuum mobile. That means constantly and continuously, incessantly 24 hours a day, we can never switch it off. Most importantly if this perpetuum mobile works against us and due to intestinal dysbiosis produced toxins, you surely understand that one and their entire body are being continuously affected by these toxins.

Another internal toxins are **free radicals**. Maybe this word means nothing to you, but everyone surely knows the word antioxidants. For example, some promote red wine as a natural antioxidant. Antioxidants are actually substances that should be able to remove, dispose of free radicals.

Free radicals are detrimental to body as they distort cells and cause their aging. They also cause various cell disorders, which may lead to genetic disorders, cancer etc ... Free radicals are generated in our body continuously, every second, 24 hours a day. Because of their toxicity, the importance of helping body to manage this problem is understandable.

Another big and the least comprehensible toxin is our **psyche**.

Simply put, we are the biggest toxin to ourselves. Our thoughts, emotions, desires, ideas, disappointments are all things that are seriously toxic. When we add nowadays ever so popular matter of stress, then we get a rough idea about the next huge internal toxin, which is actually more dangerous than most of us can imagine. It continuously extends into every event that is happening in our body, every part of our body, especially the brain. We cannot escape from it even by going on vacation, to a restaurant or at night while sleeping. In short, our psyche is always with us.

Some of you have already heard of another toxin - **acid-base balance**. It's actually a balance between acids and bases of our body. Due to various metabolic processes there is a constant tendency to disturb this balance. The disruption of this balance leads to acidification of the organism, which has a very toxic effect. We can also view this as a source of certain health problems.

So much for the beginning. We spoke about the individual toxins and we will continue to talk about their sources, about what we can do with them and how to stop their production. As you can see, this is not a simple matter. We will focus on external or material toxins which we know how to handle and we have better understanding of them. When we have time and we will be positively tuned, we can talk about information toxins that actually represent the chapter of future. I look forward to continuing our series where you will learn more about toxins, but mostly about what to do with them.

Source: [www.youtube.com/watch?v=Ze3Rgr4E7yl](http://www.youtube.com/watch?v=Ze3Rgr4E7yl)

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