

With Dr Josef Jonas: About the Health

Part 2: Importance of the Intestine for our Health

The digestive tract is a several meters long tube. It can be a very solid and strong guarantor of our health, but it can also be a huge source of internal toxins, as I will explain in the next few minutes. Digestive tract consists not only of the physical organs of intestine, stomach and oral cavity, but also of the content of the whole digestive tract. Digestive system from the oral cavity down to the anus is inhabited by trillions of microorganisms, which would create a nice pile just by themselves. Some sources say that there are approximately 2 kg of them in every human body.

Yes, you heard correctly. Trillions of microorganisms that have to live in precisely organized communities because the organization and order in their coexistence are very important to human health. Among these microorganisms there is not only a number of vital, cooperating, beneficial microorganisms, but also a huge amount of microorganisms that pose a great danger because of their toxicity, especially when overgrowth. Normally - and I am sorry to say that, more often than we suspect, the community of intestinal microorganisms is disrupted. The "bad" ones multiply excessively at the expense of "good" ones and become a source of many problems.

Everyone knows that yogurt or other fermented products may contain "good" intestinal microorganisms. We want and hope that by eating these products, the "good" microorganisms inhabit our intestine. Unfortunately it does not work this way. The digestive system can become a perpetuum mobile toxin producer.

Those "bad" microorganisms are mostly anaerobic ones (they don't like being exposed to air). It can also be fungi and number of other microorganisms. We also have in our intestines the whole microflora of the region we live in, in our case the geographic zones of Europe.

The anaerobic organisms, fungi and other pathological microorganisms produce toxins. They are absorbed into the blood from the intestine and greatly affect our entire body and health. This phenomenon works continuously and these substances can cause a range of serious health problems.

The intestine also significantly affects the immunity. It is reported that up to 70% of the immune system efficiency depends on the quality of the intestine. In the intestine there are Peyer plaques that play the role of the lymphatic system of the intestine. They train the immune cells, which further influence the quality of our entire immune system. When intestinal dysbiosis (disruption of the intestinal environment) occurs, our entire immune system malfunctions and we are simply prone to a range of infectious diseases and further problems which fall under the umbrella of immune system.

The whole digestion is a very important and difficult aspect because digestive processes begin in the oral cavity; continue throughout the whole digestive tract. The afore mentioned microorganisms are involved in the whole process. The digestive processes are very precisely managed by individual microorganisms. If, for example, one has fungal overgrowth, naturally the digestive processes will be completely different, amiss - the processes of fermentation, gas and alcohol formation in our body will be initiated.

Through bacteria and other microorganisms either something good, or something extremely harmful is being produced in the process of food digestion. Some foods, due to pathological organisms and the impact of dysmicrobia, are undergoing digestive processes that result in a production of dangerous compounds, among which there may be some carcinogenic ones (violating the genetic cell protection against cancer proliferation) or "just" genotoxic substances.

I say "only" in quotes, because genes control everything that happens in our organism. If there is a disruption of this control, extremely serious health damage can occur. This can be caused by "bad" microorganisms in the process of digestion of certain foods.

This is why people often intuitively follow different diets, for example, vegetarian, vegan, or "raw" diet that exclude foods such as meat, animal fat and others. It is especially during the digestion of these types of foods that under certain circumstances dangerous toxins are formed in colon. Once we exclude these foods from the diet, the opportunity to multiply and produce the toxic substances is taken away from pathological microorganisms. More meaningful still is to bring our intestines in such order that microorganisms are capable of digesting and processing food without harmful consequences.

Another problem that intestinal dysmicrobia causes is impaired ability to absorb various nutrients, for example proteins. Some people may even like it, because this disorder forms tall, lean bodies with little muscle mass. At first glance it may be very appealing, but in reality it is just a result of poor food digestion, the result of dysmicrobia. In the civilized countries 90% of the population suffers from dysmicrobia, because we live in the era of antibiotics, vaccinations and use of other medicines, toxins and operations that are phenomena supporting the rise and occurrence of dysmicrobia. The fact that we should always keep in mind is that once the dysmicrobia is formed, it lasts the whole life. It does not fix by itself and affects our whole life from the beginning till the end. Newborns and infants who encounter antibiotics, drugs and other toxins suffer from dysmicrobia already from this early age.

Intestinal dysmicrobia also causes so-called intolerance to various foods. In recent years, the trend to exclude different foods such as gluten, milk protein casein and others that actually are the cause of various problems, has grown enormously. This trend is meaningful because exclusion of these foods does actually improve bowel condition.

Intolerance develops because the intestine responds disproportionately to these foods and this excessive immune response is due to dysmicrobia. When we heal dysmicrobia, food intolerance disappears. Many people have problems with digestion, bloating, constipation or, conversely, suffer from diarrhea, which are all just light consequences of dysmicrobia.

Because the intestine controls the skin in very important and essential ways, as the ancient Chinese knew long time ago, then of course, our skin responds to situation in our intestine. Therefore, a wide range of skin problems can be linked to the condition of our intestines. Healing dysmicrobia can clear the skin problems.

Dysmicrobia and toxins it produces, also affect the urinary tract, gynecological organs, nervous system, the entire digestive system and other parts of our body. Typical symptoms of dysmicrobia are e.g. urinary problems and chronic inflammation of the bladder. Connection between the intestine and the bladder is of course well known to physicians.

Dysmicrobia stands probably behind the growing number of female infertility, because the toxins produced in the gut severely affect the delicate activity of the reproductive tract. Therefore it is very important to heal dysmicrobia. I could name many more health problems, which are related to dysmicrobia, but of course, healing dysmicrobia would not be absolute panacea.

Let's talk about what can we do about dysmicrobia. I must say that I have been researching this problem for over 30 years. I can responsibly say that no irrigations and enemas, no lactobacilli and no probiotics and prebiotics can in principle permanently affect the condition of the intestine. It must be done by our body itself; there is really complicated community of microorganisms in our gut, which only our body understands.

From this standpoint, after so many years of work, I can say that this problem was resolved and the supplement Activ-Col is able to reverse the unfavorable condition of dysmicrobia not only in the intestine, but also in the entire digestive tract. That also includes the stomach and the oral cavity. Condition of dysmicrobia in oral cavity means caries, problems with mucous membrane, gums etc. And the same applies to the dysbacteriosis in the stomach, which causes chronic inflammation and stomach pain.

Treatment of dysmicrobia is ultimately not particularly complicated, because we recommend only two supplements - Activ-Col and Toxigen to remove intestinal toxins that originated in the gastrointestinal tract in the past.

Of course, behind the development of these supplements there is a decade of work, deep understanding how the human body works and specifically which toxins are the cause of this chronic health problem that accompanies the civilization of the 21st century.

Source: **www.youtube.com/watch?v=Hh3eG71bg28**

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