

With Dr Josef Jonas: About the Health

Episode 5: Microbial deposits and biogenic salts

As if I could hear the objections of viewers: "...why not to speak more specifically, why not give specific examples of the health problems, how to get rid of them and what to do about them?"

I consider necessary to emphasize the sound principles that must be adhered to in order to stay healthy or return back to our health. We've already talked about the intestinal environment, which I consider a very crucial indicator of health. We talked about the stress and harmful diseases. It is no less important of an issue, and underrated by many.

We still have to talk about the balance of acids and bases, the so-called acid-base balance; about the origin of biogenic salts in the body and their role, as well as hidden infections and ultimately about healthy diet. Let us therefore gradually take on these remaining tasks, just before we get to more specific health problems, procedures and instructions; to the more concrete problems and their solutions.

The human body must function in the so-called homeostasis, balance. The correct ratio of acids and bases belongs to this balance. The environment of the human body is slightly alkaline and must be kept in the range of a few decimal commas by very precise mechanisms. This is however possible only with the great difficulty as the body produces number of acids. Just think of lactic acid, which is formed in the muscles; hydrochloric acid formed in the stomach, or uric acid created during digestion of certain foods especially meat and other animal proteins. However there is far greater amount of these acids produced in the body. In order to achieve the mentioned body pH, we need to get alkaline ions from foods, i.e. minerals that neutralize the acids.

Intestinal dysbiosis interferes with the absorption of the minerals. As a result the body is vitamin and mineral-deficient and struggles with acid-base balance. More so, our industrial food is low in these minerals in the first place.

When we are stressed a larger amount of acidic substances is produced in the body, as tension in the muscles causes the acids production. Production of acids is conditioned by other stress processes as well. For the body, this is extremely difficult and at the same time crucial situation. We should

support our body by the so-called alkaline diet, which consists of larger amounts of vegetables and other alkaline foods. We will talk about this some more in the next episodes.

No matter how hard we try, the fact remains, that during variety of chemical processes, the biogenic salts are produced. I myself have never suspected how crucial this issue for the body is. These biogenic salts gradually cumulate in the body from the time of birth. I can certainly confirm that these processes occur already in the newborns and can cause problems even at an early age. As the time goes, more and more of them accumulate. They are stored in the joints, blood vessels, muscles, tendons, nervous system, practically everywhere, in all known tissues. You may also notice how with the age we become more and more stiff. We become less flexible, less mobile. At the old age such stiffness causes big problems. It is exactly due to the accumulation and deposition of these salts in the tissues. We associate youth with flexibility and dexterity, so we should try to prevent the accumulation of salts and their deposition in the body. We can do so for example by eating high-quality food and various other methods.

Even more fundamental problem associated with salts or rather conditioned on them, is the establishment of chronic, long-term, latent infections under the layer just of these salts. The human body constantly duels with various microorganisms. There are several hundred species that live in the human body. For them it is the only environment in which they can reproduce, therefore they developed and have different ways to do so. Of course they face the immune system, which should eliminate all unwanted. But we must not forget that microorganisms are living creatures and in many ways they know how to fool the immune system and how to survive in our body, without being threatened by any deadly danger.

Many micro-organisms get into our body directly from the intestines. As I have said many times, very often they overpopulate; they get into the blood and lymphatic system and via these two liquids into other tissues. Other times, microorganisms enter our bodies from the outside directly through the lungs, the digestive tract, skin and the like. Sometimes we think that our body is pure inside and nothing like that can live inside of us, but it's total misconception.

Many people believe that antibiotics are able to eradicate any infection from the body. It is an extremely naive idea. In some cases, it's just the opposite - antibiotics force existing microorganisms to adapt and change their genetic material. As a result our body is full of these hidden infections. There are dozens of deposits that with age keep growing. This in turn causes premature aging and the emergence of various chronic diseases. Today's conventional medicine tries to prove different microorganism with the help of immunological reactions, but obviously this cannot be used for hidden infections as our immune system does not respond to these tests, simply because they are hidden. They adopted the characteristics of human cells in which they live, or they hid beneath the layers of salt and mucus, so the immune system does not detect them.

For example, I recently read a scientific study about a famous frozen caveman found preserved in the ice of a few tens of thousands years old Alpine iceberg in Ötztal, that he suffered from Lyme disease. This shows us, that even such a problem that most people consider the recent one, "modern", was here a long time ago and everything is completely different. Such chronic infections are very hard to get rid of, for that we need a well-functioning immune system. To have one we have already made the necessary steps by detoxification of the intestine, to create intestinal symbiosis. But we will talk about immunity some more.

An essential step in elimination of hidden infections is removal of the salt deposits formed during the chemical processes of the acid-base balance maintenance. Once we remove the layers of salts, the hidden infections are exposed and they find themselves facing the immune system, which can finally eliminate them. Of course we can help it with different natural means.

These infections not only have a tendency to constantly reproduce, distribute, occupy other tissues and cause further infections, but each microorganism produces poisonous substances, so-called microbial toxins which then interfere with the functioning and environment of our organism and negatively affect our tissues. Nobel Prize winner Luc Montagnier demonstrated that microorganisms produce electromagnetic waves of short wavelength that permeates all tissues. These disruptive electromagnetic waves (different and specific for each microorganism) then disrupt the energy-information field of our body. This interference may trigger a range of health problems.

We can see that microorganisms have a variety of ways and variety of options, how slowly and gradually damage the body. It is of course due to the fact that it is to their advantage. Decaying human body that does not have the energy, defense and enough energy for the immune system processes becomes an easy victim of these creatures which need our bodies to live in. They gradually occupy and create favorable conditions for the entry of other micro-organism from the environment, via various interaction, infections, flue and epidemics.

Thus, it is a constant duel between our organism and its weapons and microorganisms and their weapons.

An important role is played by the intestinal environment and biogenic salts, which is a novelty to many. Conventional medicine of course, does not talk about this and does not address this problem.

To remove these biogenic salts (and not only table salt, although it plays its role as well) we created supplement **Biosalz**. Biosalz is able to initiate the gradual secretion of salts from the body in variety of ways: through urine, sweat, mucus, feces, in short, all the secretory pathways. We're talking about long-term excretion of salts, rather several months, and the detection of latent infections with which we can cope better. Of course to be desalted we may used a natural means such as tea and baths that facilitate desalting.

In conclusion it will be good to remember that the removal of salts and subsequent removal of latent infections is one of the cornerstones of detoxification and one of the cornerstones in maintenance of acid-base balance, thus significant contribution to keeping us healthy. This can be achieved through natural remedies whose effects we already know. These all are different ways than the ways of chemical drugs, but certainly these are very effective ways.

Source: www.youtube.com/watch?v=2qAAFMYIsU4

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