

INTESTINAL SYMBIOSIS AND DYSBIOSIS

Hello, dear viewers. Let me welcome you to the regular broadcast of the series which you can watch via the internet television channel ATaDEP. What will the series relate to? Health, of course. We'll focus on various health problems that you can rid yourself of using the Joalis detoxification preparations. Today we'll focus on intestinal problems. Who among us has not had intestinal problems at some stage – constipation, diarrhoea, an upset stomach. Because the intestine plays such an important role in all processes, it's important that its activity is in order – that it has so-called symbiosis. If this is not the case, an imbalance of microflora, so-called dysbiosis, occurs in the intestine. And it's about intestinal symbiosis and dysbiosis, about what to do to make sure our intestinal activity is in order, that Dr. Jonáš, an expert from the field of holistic medicine and founder of the company Joalis, will tell us. You have the floor, doctor.

Lately, people have begun to pay attention to various poisons that can be found in food, in the air, or even in cosmetic products; in short, outside us – so-called external ones. But they know far less about the fact that the main source of these toxins can be inside our bodies – but why am I saying “can be”? It is there. And that's exactly what we're going to talk about. When, at the start of the 20th century, research was done into why some people are living to a hundred years and more, and why many people aged over a hundred live in the Caucasus, Bulgarian mountains and certain other regions, scientists discovered that a lot of fermented foods are eaten in these localities, whether it's cow milk, mare's milk, camel milk, or other fermented foods, and that these foods contain a bacterium which is called *Lactobacillus*. And this lactobacillus was identified as the cause of a long life, because its properties enable it to deal with various harmful bacteria. And now let's look at a place where the greatest quantity of this lactobacillus is found. And not just the lactobacillus, but also other microorganisms.

When we say “intestine”, almost everyone imagines the large intestine, i.e. only a part of the intestine; the entire intestine is divided into the small intestine and the large intestine. The intestine is actually a tube with an intricate wall – it's composed of muscle mass and a mucous membrane, and also contains lots of blood and lymphatic vessels. This is also very important. Under the term “intestine”, people imagine just this tube, but it's not that simple, because this tube also has its own content. Of course, it holds the undigested remains of food, which undergo a further process there resulting in waste known as stool. But stool does not just consist of waste from unprocessed food; maybe half of it is also composed of the peeled off mucous membrane of the intestine, which plays a very important role. And people know practically nothing about the third component of stool. After all, a huge amount – a truly huge amount – of various microorganisms is found in the intestine – we're talking about tens of millions, and maybe an even larger amount. Even all kinds of microorganisms that occur in the region where the person in question lives, and where they were born, are found there. That means that we live in Europe, and our intestines contains all sorts of microorganisms that have some relation to man and his environment. And there may be more than 400 types of them. And this world of microbes lives in a community which is crucial for our lives and health, because it not only participates in the digestive processes and the decomposition of foods, but also in the production of various substances and the training of the immune

system. Our immune cells actually have to learn what microorganisms they may encounter in the body, so that they can then identify them, recognize them and create a defence against them. This community of microorganisms also has other functions, such as for example the production of certain substances and vitamins; in short, it is an extremely important thing.

The problem lies in the fact that few of us have this community in a state that can be described as ideal. Ideal meaning that certain organisms are represented abundantly in it, others little and some very minimally. And if this intestinal community is disrupted, we're talking about dysmicrobia. This means that, all of a sudden, there are many organisms of which there were previously few and, on the contrary, there are few "good" ones. There are certainly many variants that can occur there. And that's obviously an important thing. Even if we cannot completely understand, or precisely recognize and identify it, it's clear that this is a very complicated matter. Complicated because these microorganisms react with foods, and react with various foods differently.

So, what can happen to somebody (and people often complain about this), is that on one occasion they eat a certain food and don't have any problem, and the next time they eat the same food and they suddenly have problems. And they say that they don't understand it and don't know what's actually harmful for them and what isn't. That is because it depends on what microorganisms develop in the intestine; which ones strongly propagate in there. The speed of this propagation is enormous. Such microorganisms can propagate several million times within seconds, and the intestinal environment can change very quickly on the basis of various influences, e.g. according to the composition of the food. And here I go back to the start. What the longevity is due to and why I mentioned those fermented products: the aforementioned micro-organisms can bring the intestinal environment into a good state. That was the basic idea, and that is exactly why today yogurts and other fermented dairy products are sold everywhere and we can even buy lactobacilli in various tablets, capsules, tinctures etc.

But, unfortunately, the reality is completely different. I obtained these findings while working with this EAV instrument, so I'm not talking about some theories – I'm talking about actual practice. And the practice is such that 90% of the people who come here, i.e. nine out of ten, have a broken down intestinal microflora, a state of dysmicrobia is starting inside them, i.e. a state which is also described as intestinal dysbiosis. The consequence is not only that the microorganisms that propagate, those evil microorganisms, themselves produce various toxic substances which are then absorbed from the intestine into the blood, but most importantly highly toxic substances are then created during the actual digestive process, and these are immensely toxic substances. That means that during so-called intestinal symbiosis, i.e. during an optimal intestinal microflora state, toxic substances are not created, while during dysbiosis, during dysmicrobia, they're created when certain foods are digested; mostly meat, fat and other foods – these highly toxic substances. This is why there are often discussions about whether you should go vegetarian or not, they say that meat is carcinogenic and that vegetarians have fewer diseases. Yes, because they do not supply their intestines with the foods that create the most toxic substances during intestinal dysmicrobia. And the toxicity of these substances, these intestinal toxins, which of course are created when the microorganisms interact with the food, i.e. during the digestive process, it can be truly immense. Actually, the worst of all are the so-called carcinogenic substances. We know these carcinogenic substances; there are several of them, we estimate there are ten, and they cause changes in cells which may lead, and very often do lead, to the

occurrence of cancer. I think that the incessant growth in this disease is connected with the constantly worsening intestinal environment of the people living in this civilization, and that we actually produce the worst, most toxic carcinogenic substance ourselves. I would not look for it in our external environment so much.

But, of course, it does not actually have to be cancer that occurs. There are certain substances of a genotoxic character that cause other health problems; psoriasis, mental illness and so on. In short, they're substances that disrupt the cell's genetic resources, which is a catastrophe. Let's bear in mind that these substances are produced constantly, every day, for many years, so there's actually no escape from it – no way to stop it. Sometimes the substances that are created are not extremely toxic; for example, they may then cause fatigue, depression, anxiety and most importantly skin diseases. Actually, we could diagnose every atopic eczema as dysbiosis, because these toxins are excreted through the skin and change the operation of the immune system, and atopic eczema occurs as a result. In this way I could name many diseases, including for example female infertility, to which these toxins also often lead, or hormonal imbalances, and others. And we would only waste our time if we named the dozens of health problems that are associated with this dysmicrobia or dysbiosis.

We can only guess why dysmicrobia occurs. It has occurred since time immemorial. Intestinal diseases were always the greatest cause of death among children. It's an issue as old as mankind itself, but a long time ago it occurred because hygiene did not exist, and because there were very many intestinal infections from bad water, poor food etc.. At that time it was enough for a person to maybe eat live yogurt once a day, and they managed to fight these infections. But today the situation is completely different. Today the infections do not come from food and water. Today we can point mainly at antibiotics, because antibiotics are the greatest and main cause of this dysmicrobia, and not only the antibiotics which we use in the form of medicines; for example, we can also encounter them in honey or in meat, because animals in factory farms are fed fodder that contains antibiotics. And, finally, the antibiotics which we use enter the water with our urine and then enter various other foods, so actually the saturation of our world with antibiotics is due to the fact that it's difficult to find a person who does not have dysbiosis.

And this is very bad, because a child is born with the same intestinal environment as its mother has. For example, children born by Caesarean section have a different intestinal microflora than children born physiologically, because even the situation during birth influences the composition of the microflora in some way. And if the mother's intestinal microflora is not in order, which is very common, then the child's is not in order either, and it's actually already born with dysmicrobia. Then we encounter tummy pains, bloating and skin reactions in very small children. And we must not forget the fact that, in large part, breast milk is formed from intestinal content, so toxins which are created in the intestine also pass to the child, and this obviously causes various problems.

But it isn't just antibiotics that are to blame. For example, we know for sure that an important role in the occurrence of intestinal dysmicrobia is played by vaccinations and various types of hormonal treatment, perhaps even hormonal contraception, as well as radiation and various intestinal operations. But these are things that occur, let's say, exceptionally, whereas practically everyone encounters those antibiotics and hormones in tablet form, and in water and foods, and this undoubtedly has an enormous influence on the general spreading of

dysmicrobia. In addition to these toxins, we must also mention the fact dysbiosis leads to immune disorders, because the intestine is one of the two basic immune control systems (we can find the other one in the brain).

And now, how to get out of this? Of course there is a whole range of various recommendations, which I'll mention in one of the books that I'm writing, but if I'm going to talk about detoxification preparations, I would like to tell you one simple recipe that leads to good results. After all, intestinal dysmicrobia is not merely a matter for the intestine; the state of the microflora is naturally controlled and monitored by the brain, just like everything that happens in our bodies. And it is through the brain that we can once again get to the state of intestinal symbiosis. And they recommend the following procedure. We have two possibilities, two ways. It is impossible to simply decide on one way or the other; the suitability of the procedure must be specified with the help of the EAV instrument, but, in short, both ways can be used. We're going to talk about the Joalis preparations:

SUPERTOX generally leads to the release of toxins from tissues.

NODEGEN affects the human psyche and breaks down so-called encapsulated emotions, i.e. emotions that are in some way encapsulated and then play a very important role in the ability of tissues to rid themselves of toxins.

CORTEX affects the microbial deposits and microbial stress in the part of the brain that's called the *pons* (*pons Varoli*) – after all, this is where the intestine and its environment is monitored and controlled from.

TOXIGEN releases and excretes intestinal toxins that may have been created over many years; today they are fixed and lodged in the body, and must be excreted.

So, that's one variant. These four preparations - Supertox, Nodegen, Cortex and Toxigen – can establish a state of symbiosis in us, which we can then of course support with prebiotics and probiotics. But that's another chapter; we'll talk about that another time.

The second variant, which some people are taking into consideration, is the presence of microorganisms in the area of the brain that's called the *pons*, and about which we have already spoken. In this case we'll name preparations that deal with various infections which influence the state of this part of the brain. In first place we have the preparation SUPERTOX. Then there is the preparation SPIROBOR, which works with stress by *Borrelliae*. Then there are the microorganisms that are called *Bartonella* a *Ehrlichia*. These are microorganisms that often accompany borreliosis and are transmitted via ticks and insects, and probably even by sexual intercourse. So these are very significant microorganisms, which can be dealt with using the preparations ZOOINF. In third place there's the preparation ANTIVEX, which is aimed at viral infections. So, once again, there are four preparations - Supertox, Spirobor, Zooinf and Antivex, with whose help it's possible to remove the microbial stress in the area called the *pons*. And then this part of the brain can once again control the intestine and establish a state of symbiosis in it, i.e. abolish or eliminate the adverse state of dysmicrobia.

We could talk about this topic for a long time, there is a lot of information there that many people may be interested in, but I think the important parts have already been said. It's more important that people realize that this danger exists here, that it's very common; we could say that it's far more common than anyone imagines. I think that many people suspect it, but they

don't suspect that this state cannot be resolved with any yogurts or food supplements that they can buy in the pharmacy. It's not possible, because these products do not have an effect on the control component of the brain which is also disrupted during long-term dysmicrobia. So we're not just talking about the intestinal environment.

Practice shows that these two sets of Joalis preparations are effective and that we, too, can deal with dysmicrobia, thereby avoiding the serious moment, i.e. the production of those highly dangerous toxins. As they say, we're in charge of this production ourselves, and we actually cause these problems ourselves, because the combination with various foods creates more or less dangerous toxins in our digestive tracts. And also, I repeat, the intestine is a very important part of the immune system, and is probably also responsible for the fact that the general quality of the immune system is decreasing, that we constantly have to fear various infections and take antibiotics against them, and thereby again make the whole dysmicrobia worse, so we get into a vicious circle which only some manage to escape in good health.