

Asociace terapeutů  
a detoxikačních  
poradců

KINOSVĚT

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

**Episode 9:**

## **MIGRAINES**

Today's topic are migraines; a problem which affects a relatively large number of people. Hundreds of thousands of people in the Czech Republic alone suffer from this unpleasant disease. Migraine is a type of headache – I am intentionally using the word “type” because we have several types of headaches and only one of them is called migraine. It is actually a paroxysmal disease, a paroxysmal headache of a very strong nature and with a very powerful effect on a person's overall health. Some people lose their sight, others vomit, and some have to retire into a dark or quiet place. Of course, this pain can also occur in a milder form; sometimes the pain affects one half of the head, sometimes it affects one eye, but other times it can affect the entire head; in short, it does not have a completely precise and clear characteristic. Everyone who gets migraines knows this, because they suffer for many years or decades – sometimes even their entire lives.

The fact of significance is that, in all medical manuals and books, we will read that migraines are an incurable problem. This has also been taken up by journalists; when they are writing about them, they describe migraines as an incurable disease, symptoms of which can be easily influenced and dealt with in some way. Certain diets are recommended because some foods can trigger the migraines, other times they are caused by exhaustion, insomnia, stress or alcohol, so even the triggers are not unified. They are very often also governed by the hormonal cycle – i.e. mainly in women - and sometimes the reason for a migraine fit lasting one, two or three days is not even discovered. In short, it is a very unpleasant disease.

I would like to stop at the point where people say that it is an incurable disease. Medicine should be slightly more restrained in such statements. It would be more accurate to say that the disease cannot be cured by chemical medicines. And there are very many diseases like that. Of course, in general, people like to assure themselves, that after all nothing exists besides chemical agents, and if it cannot be cured chemically it cannot be cured at all. But that is not true at all. Personally, I regard migraines as an issue which can be treated relatively easily, and I demonstrate this in my work almost every day.

So what actually happens during a migraine? First of all, we must be aware that the brain and every cell in it function like a power station, where electrical potentials are created from the sugar and oxygen. From every cell, called a neuron, these potentials are circulated in precise doses and along precise paths. This complex in our brain forms our thinking. The

entire brain works on the principle that the electrical potentials carry certain impulses, certain information needed for the formation of various programmes - whether they are programmes relating to speech, or whether it is a question of memory or feeling, everything is controlled in this manner.

This very electrical activity in the brain, which everyone is familiar with in the form of an electroencephalogram and which can be measured, is very important. In a whole range of diseases, this electrical activity is disrupted. At random, we could mention anger fits, epilepsy or various convulsive disorders of the cerebral cortex. This disorder involves an accumulation of electrical potentials – think back to your school years, when you were learning about the electrical condenser – and the electrical potentials condense. When too many of them accumulate, they discharge themselves by short-circuiting. This short circuit represents an uncontrollable discharge of potentials, and the part of the brain in which this short circuit takes place is important. All types of symptoms then occur depending on where it takes place. And migraine is one of the diseases which are caused by a disorder of electrical potentials, and their discharge in certain parts of the cortex.

In natural medicine and detoxification, we already know how to work with these cerebral potentials.

As I already mentioned several times, one of the pillars of detoxification is treatment of the intestinal environment – treatment of so-called intestinal dysmicrobia. The term intestinal dysmicrobia is somewhat erroneous, because dysmicrobia originates in the stomach or in the oral cavity, but the intestine is still an enormous reservoir of microorganisms. These microorganisms excrete toxic substances. They are mainly anaerobic-type organisms, but they can also take other forms, and they excrete toxic substances which significantly affect nervous activity, especially in the brain. They do not affect it only in terms of electrical potentials; they also affect the overall quality of brain activity, because these toxins are poisonous not only to brain cells, but to all processes which take place in the brain. Therefore, establishing so-called symbiosis – or removing dysmicrobia – is important not only for digestion and the other problems which we have already discussed, but also extremely important for the brain.

If we did this for all children who suffer from dysmicrobia, and I have to say there is an enormous number of them, then their behaviour would also change to a considerable extent. It would also change disorders which are almost regarded as the norm today, such as dyslexia, dysgraphia, emotional disturbances in children, and their anger fits or uncontrollable fear and anxiety, which then prevent them from utilizing their brain potential and knowledge. Basically, in this sense, the intestine – or more precisely its content, relating mainly to the enormous population of microorganisms – significantly affects the function of the brain, and also influences these very electrical potentials. Thus, I regard one of the steps in the elimination of migraines to be the restoration of intestinal symbiosis, which is a very difficult task. Just to illustrate: I must say that I have been trying to deal with this problem for almost forty years, using various processes recommended by yoga, Ayurveda, traditional medicine and contemporary medicine; in short, I have tried dozens of different processes, but establishing symbiosis in the intestinal environment is an extremely difficult and complicated act. In the end, I concluded that the organism actually has to create it by itself. Our organism must control the composition of the intestinal microflora. So I regard this as a basic step, and in many instances this step is sufficient even for some milder forms of migraine to disappear.

From previous parts we already know that, in our procedure, intestinal dysmicrobia is eliminated using the **Activ-Col** supplement – a preparation in which several important steps come together. These steps then result in the organism being able to control the situation in the intestine. This supplement is joined by another one, which I have not spoken about yet, but whose function and purpose we have already discussed. This supplement is called **Activ-Acid**, and if we translated the words from which the name is composed, we would understand that it affects the acid-base balance, which we have also discussed. A consequence of the breakdown of the acid-base balance, which practically every modern person suffers from, is the creation of so-called biogenic salts. These biogenic salts then serve as a kind of cover or crust above the microorganisms which can appear anywhere in the tissues. A very common – and the most hidden – cause of migraines is a microorganism called borrelia, but of course it may also be a virus. The microorganisms must be ones which are related to the nervous system, and which appear here in the form we have described as a hidden infection.

The Activ-Acid supplement is very interesting because it is produced from seaweed, and of course seaweed is an amazing food. Amazing because it contains a set of all of the elements found in seawater. The composition of our blood, or more precisely our blood plasma, is very similar to seawater, and ultimately all of the possible theories about the origin of life on Earth are based on life being born from water – seawater. In short, the dissolved salts and elements in seawater are very similar to the composition of the human organism, but we must maintain this environment. That is not very easy, but we can use the seaweed for this purpose. So this supplement contains seaweed, which contains minerals, which influence the acid-base balance. Other properties of this supplement are such that they dissolve biogenic salts. And we need that in order to deploy the next supplement, which is called **Cranium** and which actually works on hidden infections in the nervous system.

And that is the basic triad which, in the case of migraines, represents the most common treatment using natural preparations. For migraines, I would also like to add the **RespiDren** supplement. We will not analyse its function today – we have already discussed it in the context of the respiratory tract – but in this case we will use it to normalize the organism's reaction to a substance called histamine. But more about that some other time. For today, we will be satisfied with testing the effects of these four supplement - Actic-Col, Activ-Acid, Cranium and RespiDren.

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

Copyright © Asociace terapeutů a detoxikačních poradců z.s. a Kino Svět (Československá filmová společnost, s.r.o.) 2016

<http://asociace-tdp.cz/>

[www.kinosvet.tv](http://www.kinosvet.tv)