

Asociace terapeutů
a detoxikačních
poradců

KINOSVĚT

With Dr Josef Jonas: About the Health

Episode 7:

URINARY TRACT

Today's topic is the urinary tract which, in anatomical terms, is composed of the kidneys, pelvis renalis, ureter, bladder and urethra. Anatomical textbooks always use the term genitourinary tract, because both systems are closely related. However, our today's topic is only the urinary tract. We will get to the reproductive system later, in another episode of our series.

The most common problems in the urinary tract are inflammations. Other health problems can also occur here, but these belong to the doctor's surgery. We will only mention the ones in which we can intervene and help ourselves and where we have a good chance succeeding. As for inflammations of the kidneys, they obviously always belong to the doctor's surgery. Even though the cause can be similar to that of inflammations of other parts of the urinary tract, they often also involve various remote causes, for example immune ones, and in that case I would not recommend solving the problem with self-help.

Our talk will relate more to repetitive, chronic inflammations of the bladder. Usually, and I must emphasize this, this problem is dealt with very badly. Over and over, antibiotics are prescribed for it. I know cases where a person gradually received 10-15 types of antibiotics; as you will learn later, that is not exactly the best solution.

In this case, we must take into consideration the fact that the urinary tract is directly connected to the large intestine by blood and lymphatic paths. The urinary tract also often contains microorganisms, e.g. the intestinal bacteria *Escherichia Coli*. We often hear that the person in question passed these microorganisms into their urinary tract performing hygiene after going to the toilet, but of course that is not quite the truth.

In reality, during dysmicrobia, these typically intestinal microorganism reproduce excessively and, just like anyone else in the animal kingdom, look for new territories. These microorganisms then travel through the blood and lymphatic pathways into the urinary tract until they finally enter the bladder, where they lodge in such a way that they are hard to discover. They do not settle on the surface of the bladder, but in the layers under its mucous membrane. In that case, we cannot discover them using a classic smear or other laboratory test. Nevertheless, they are present and they disrupt the mucous membrane. Sometimes

they enter the urine, sometimes they do not. Thus, it happens that the problems persist despite the negative result of a urine or blood analysis.

As we have already said, almost everybody suffers from intestinal dysmicrobia nowadays. It really is a large percentage of people, and doctors try to treat it with antibiotics. That may wipe out the microorganisms in the bladder at that particular moment, but it actually makes the situation in the intestines worse – even greater and stronger state of dysmicrobia sets in. Then this disorder very often repeats itself, or becomes chronic. The person constantly feels an irritation in this area, and the problem may be reflected in frequent urination or in another part of the organism.

Several e-mails arrived on my desk today, including one from a lady who is desperate and asking for help in resolving a constant and repetitive infection caused by *Escherichia*, which has been causing her various problems for four years. Another e-mail related to a similar issue where, besides urinary tract disorders, the dominant factor is repetitive vaginal mycosis, with which the lady in question also did not know how to deal with. Such queries are really some of the most common ones, and help is very easy. The cause is the aforementioned intestinal dysmicrobia, with an overpopulation of various microorganisms.

So, if we want to eliminate the source and cause of these problems in the bladder, urinary tract and often also in the kidneys, we must achieve intestinal symbiosis. That means we have to treat this enormous community of microorganisms in the intestine. The knowledge acquired in the previous episodes will be useful for this.

Today, we have a highly-developed technique for achieving this, and for establishing intestinal symbiosis. It is no longer difficult for us. Of course, from time to time it may happen that in certain situations we cannot avoid antibiotics. But if we have already achieved intestinal symbiosis once using our supplements, chronic dysmicrobia will no longer occur. Then it is time for various prebiotics and probiotics, so that we can quickly repair the damage caused (we may talk more about these some time in the future).

The restoration of symbiosis using the **Activ-Col** preparation is a basic step, but it may not be enough to resolve the entire problem, because we must continue further – to the bladder. That is where hidden infections and microbial deposits can occur, and the cause of these chronic problems can persist, which is why we have to eliminate these microorganisms there as well.

For example, people very often help themselves with cranberries, because some time ago it was discovered that cranberries have a disinfecting effect on the urinary tract. All kinds of herbal teas, with nettles, goldenrod and horsetail, can also be used. These urological teas are similar to one another, and have been used for centuries. It is certainly not a bad method, but I repeat once again that they merely disinfect. They cannot eliminate the cause, in the form of hidden infections and microbial deposits. For this we must use a preparation with which we are already familiar from the previous episodes, and that is the supplement **Biosalz**, which eliminates biogenic salts from the body. It is quite a specific, technical term under which one does not really imagine anything. They are salts which are created in the human organism throughout our lives. Dr. Jentschura, who deals with desalination, aptly calls these biogenic salts “slag”, which may be a more appropriate name for the image we have. We can imagine how such slag can cover various tissues, substances and other things. We will eliminate this slag, and thus these biogenic salts, using the supplement Biosalz.

By itself, this supplement does not produce or treat anything. It activates the excretion of salts, and the cleansing of the organs of these salts. It works everywhere in the organism, so it is not specific to the urinary tract, but of course the urinary tract needs this cleansing, and Biosalz performs it. Only then can we proceed to the actual cleansing of microbial deposits and hidden infections, which we will perform using the supplement **UrinoDren**. Of course, such a simple intervention is usually only sufficient to resolve repetitive chronic urinary tract inflammations, but it can also obviously create a foundation for dealing with other inflammations, for example in the area of the kidneys or the gynaecological tract, because such inflammations have a common basis – they just differ in a specific way afterwards.

In my opinion this is not a complicated matter, and this is where we can see how certain knowledge acquired in previous episodes comes in useful. If anyone missed them, it would be good to watch them so that they know what we are talking about, and why we must proceed in this manner.

During this detoxification process, I obviously recommend an increased intake of fluids (water or otherwise), because the released toxins must be flushed out. And if we complement this detoxification with the afore-mentioned urological teas or cranberries, we will not be making a mistake, because these processes do not cross one another in any way. In short, these natural processes are not mutually exclusive.

So I wish you a successful detoxification, and if you want to share your experience with us, write to us – we will be happy to hear from you.

Source: www.youtube.com/watch?v=dB2Vp2mmK-c

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