

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

## **Episode 3: Respiratory System**

Lungs and the whole respiratory tract are essentials our body is equipped with. Carbon dioxide is exchanged for oxygen which is distributed throughout the body to tissues that could not function without it. Everyone knows that without oxygen we would die within few minutes. This itself points at the importance of the respiratory tract.

In childhood, respiratory diseases are the most common problems, but even for seniors this problem is not insignificant. Respiratory diseases are the fourth leading cause of death among the elderly. To care for our respiratory system should therefore be one of our priorities.

Respiratory system is also very emotional body, closely linked to our psyche. After all, everyone knows the adage: „*to breathe freely*” or the phrases related to breathing, for example "something heavy on one's chest," "take one's breath away," and so on. These are all things related to personal freedom, freedom to choose and decide and vice versa. Imposed slights and different restrictions one does not really understand damage the respiratory tract. The relationship between emotions, psyche and different parts of our body is very close and we are not entirely aware of it. The respiratory system is one of the two open passages into our body therefore a passway for direct penetration by various toxins. Most often these are microorganisms that are all around us, they flow with the air into our lungs and back again. Of course, these microorganisms can get stuck in the respiratory tract and cause inflammation, chronic problems and various other problems. It is not always an acute feverish illness; it may be prolonged, protracted infection, which can then lead to the formation of microbial deposits. Besides microorganisms, other toxins can get into the respiratory tract - chemicals, dust, smoke fumes, car exhausts and so on. Other things we do not realize and cannot be really easily explained are different 'cocktails', substances, which are linked to each other and create confusing toxic compounds, which burden the respiratory tract and cause a variety of diseases. Detoxification of respiratory tract is therefore one of the basic steps that we need to do not only as a prevention of respiratory diseases, but also as an overall health prevention.

According to traditional Chinese medicine respiratory tract is closely related to gut, skin and ultimately psyche. Traditional Chinese medicine links the lungs specifically to depression.

For all these reasons, the respiratory tract is connected to our whole body and is one of the cornerstones of holistic medicine. The main body of respiratory tract is its lining – mucosa. Mucosa plays a vital and important role, it forms a barrier between the internal and external environment, therefore its quality is very important. Since it is very complicated and sensitive organ, we can be sure that the era of antibiotics and chemical industry is not conducive to mucosa's health. Most people have impaired mucosa, thus the mucous membranes cannot fulfill their function of the barrier. This allows penetration of infections and toxins into the body and subsequent acute or chronic diseases of all kinds.

If I should talk about how to take care of respiratory system, I must first mention yoga. The yogic breathing techniques belong to the foundations on which everything else is built. They are also excellent anti-stress exercises for our times. Traditional Chinese medicine sees the respiratory tract as one of the main routes of energy flow in and throughout the body.

From Joalis supplement range, first of all, I would use **Activ-Col**. I have mentioned Activ-Col in the previous episodes - it regulates the environment of the gut and has a major impact on the immunity of the respiratory system and the whole organism. This supplement is administered as a first helping hand to respiratory tract. Another essential supplement for detoxification of the respiratory tract is **Respidren** - it affects microbial deposits.

The third place takes supplement **Cranium**. We will talk more about Cranium in the episode dedicated to immunity. In connection with respiratory system we use Cranium because the mucous membranes very much depend on the immunity as the whole - as an example of immune system disorders I could name any allergy that primarily manifests on the mucous membranes. Cranium is one of the essential supplements for the overall good functioning of immunity.

Within the complexity of the problem the whole range of other supplements can gradually be administered, depending on which toxins are present, as the whole respiratory tract can be affected by an enormous amount of toxins.

Respiratory system is also closely connected to nervous system, and therefore a number of respiratory problems may be related to it. To name a few: asthma, laryngitis or some types of cough. In this case, we must pay attention to detoxification of the nervous system. From the full range of supplements for nervous system we mention **Neurodren** in the first place. Neurodren affects the nervous system that controls airway patency.

Another very important supplement for overall functionality of the respiratory system is **Vegeton**.

Respiratory system can be viewed as an independent body and a potential source of health problems. In the context of holistic medicine it can be viewed as an organ related to psychological stress, stress and our energy. We can look at it in other contexts as well, such as the quality of the skin or quality of bowel activity. In any case, we can conclude that a healthy respiratory tract is one of the key attributes of our health. It has an impact on human morbidity especially in childhood and old age, and overall, the development or completion of other health problems. Anyone who would like to learn more about detoxification of a respiratory tract and other related

issues will of course need to look into the matter in greater details. But I believe what I have outlined today in the limited time frame I had, can become an important tool in your quest for finding health.

Source: **[www.youtube.com/watch?v=ovpOPKzFGR4](http://www.youtube.com/watch?v=ovpOPKzFGR4)**

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