

With Dr Josef Jonas: About the Health

Episode 4: Ever-Present Stress

Today we will talk about the meaning of stress to health and how stress impacts the process of detoxification. Our whole series is really about the process called detoxification or removal of toxins.

A Chinese proverb says: "It's too late to dig a well the moment you get thirsty." With regard to our health, this means that sometimes it is too late to treat a disease that has already begun. It would be preferable to treat the disease before it begins. Seemingly this is not possible, but detoxification addresses just this problem. It deals especially with the toxins that accumulate in our body, and are the cause of various health problems. We can say virtually all health problems.

Detoxification process, however, is a very complex matter and we can easily get lost. Therefore, it is good to remember that the basic toxin for human body is **intestine**, which we already talked about in previous episode. From the intestine, toxins of a very serious nature often leak and significantly affect our immunity. This is one of the basic problems to address in the process of detoxification. Another important step is to remove **salt deposits** from the body, salt sediments. We will talk about this in the next episode. Today we will at least remember that this is a very important and essential step. The next step is to remove microorganisms and their deposits whose toxins affect the functioning of our body. We often think that the main toxins come from outside, through respiration, food and beverages. This of course applies to a wide variety of toxins, but surprisingly, experience of many years of practice shows that these toxins are not as crucial as the internal toxins.

But today we should talk first of all about **stress**.

What is the role of stress in the development of health problems?

It is well known that the stress is a consequence of a **sense of threat**. It's actually the emotion that originates from and includes the anxiety and fear of what we might encounter, what might occur and what can have some unpleasant consequences. If this feeling takes too long of a period of time, it changes the functionality of the human body. Biochemists know that in the state of "stress" a large amount of the hormone cortisol is released, secreted from the adrenal gland. It is an anti-stress

hormone, anti-inflammatory, analgesic, a hormone which raises blood pressure, muscle tension and triggers secretion of wide variety of other substances in larger quantities.

If the stress lasts for a long time it becomes chronic. This condition fixes in the body, stabilizes and we live as if in constant danger. Our organism reacts to this imaginary danger, remains in a state of stress, the high blood pressure persists along with the muscle tension, our spine hurts, our head hurts, etc.

Stress is a known thing and plays fairly negative role. What is not known and people are not aware of it is that in the state of stress our body removes toxins far more difficult than in the state of relaxation and cheerfulness. Besides, we all know the saying: "Merry mind, half your health." People that are constantly happy, always in a good mood and not stressed tend to be healthy, because toxins and burdens their body encounters are eliminated much better and faster. If the opposite occurs and one lives in constant stress, elimination of certain toxins greatly slows down, sometimes it completely stops and toxins start to accumulate in the body. That explains not only problems with joints and spine, but also such serious matters as diabetes, decreased immunity, various cancers, and simply too many other health problems.

It is easy to say stress, but where does stress really originate? There **are two sources of stress** and it is hard to say which one is more significant.

One type of stress comes from our surroundings, from outside. Something or someone affects us in such way that makes us scared, worried and stressed out. It may be a boss, it can be a life partner, it can even be our own child. In short, anyone and anything can affect us in this way. It can be news in the newspapers, in the media, it can be an unpleasant experience of robbery, rape etc. External causes can usually be avoided. We can change the partner, change the job, change the environment where we live.

The second source of stress is far more problematic, because the source is within. If someone is anxious, afraid of everything, easily subjected to fear, always tense and suspicious that something bad will happen, such a person, of course, will easily stress out. Already ancient Romans had a wise proverb: "Everything I own I carry with me," and it is true in this case. I cannot run away from myself. Wherever I go, I carry my stress with me.

These sources of stress - both **external** as well as **internal** - understandably may occur in early childhood. We all know that family and school environment may not be ideal. Also, children are different in nature and they experience different circumstances in different ways. For some a stay in the nursery may be a joyous occasion, for some it may be a severe stress experienced as a separation anxiety. All people, including children, in this regard react much differently.

With children especially we often do not notice the problem and a child herself cannot explain it, so we have to watch for symptoms that usually accompany the stress. It is this very moment of experienced stress when we begin to accumulate toxins which then influence the health of our children. This process often continues throughout our lives. As I said, the man cannot run away from himself. Therefore it is very important to learn to work with stress.

One way how to work with stress is that we work with symptoms, we learn to reduce stress symptomatically. We learn how to relax, meditate, control our emotions, we learn breathing exercises. However, this is only symptomatic intervention in which we eliminate external symptoms of stress.

Far more difficult is to work with internal sources that are not that easy to release under ordinary circumstances. Our whole detoxification concept is based on the use of information. We consider body to be a part of the information field, and stress is a certain type of information, which originates inside the body, especially nervous system.

An important stress bearer is primarily **autonomic nervous system**. It transmits the feelings we feel under stress, such as stomach pressure, palpitations, diarrhea, headaches, etc. These are the places where feeling of stress fixes itself and then accompanies us everywhere.

Another body part where we can find stress is a strangely looking formation looking like the seahorse, therefore also called the **hippocampus**. It is located in the middle of the brain, the stress memory is located there. It's similar to entering some information into your cell phone and then just touch one key or a specific place on the screen and the stored information immediately jumps out and is visible. It works the same way with stress.

We store stress experiences and different feelings that accompany stress in our brains. When we "touch" the stress button, ie. when we are confronted with a similar stressful situation, it pops out on the "screen" directly from our nervous system.

Our products, Joalis products are based on information, mainly deal with the internal stress, and therefore it is appropriate to name a series of products that were created to erase internal sources of stress.

First of all, it is again **Activ-Col** to remove intestinal toxins as they very negatively influence our nervous system and bring us discomfort. Another one is **Biosalz**. We will discuss Biosalz in the next episodes in greater details, but already by the name it is obvious that it's role is to remove salts from the body.

Another product is **Vegeton** that detoxifies our autonomic nervous system. Furthermore, it is a supplement **Streson** that targets specifically hippocampus and stress memory. Finally, we will do well if we use a product aptly named **Emoce**. Stress is actually an emotion and the source of inner stress can also be a variety of emotions.

I think if you learn to work with the external source of stress and use our products to eliminate its internal sources, your body will be able to get rid of toxins much better and faster. You'll be far healthier, more vital and you will have much more strength to work on your health than if you were clogged with toxins that take away your vital energy so much needed to maintain health and live everyday life.

Source: www.youtube.com/watch?v=sdXK6sisDf4&feature=youtu.be

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