

Introduction to detoxification medicine

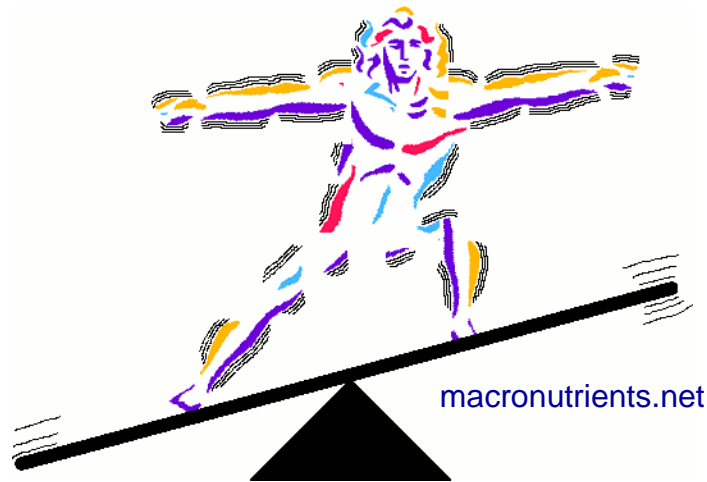
Dr Josef Jonas



The basic axiom of detoxification medicine

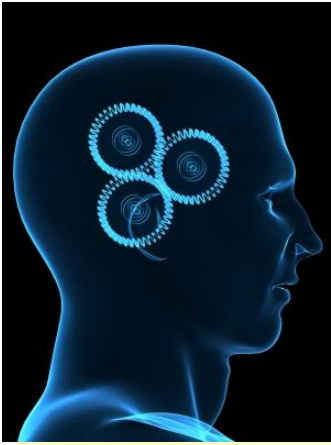
Each function impairment (save injuries and genetic disorders) can be associated with the presence of one or more toxins.

The basic principle
of human body functioning
is **homeostasis**
(a balanced internal environment).



The amount of entropy (disorder) tends to increase in any closed system.

The better
„order“ capacity of the system
(low entropy),
the better functioning
of the body systems and psyche .



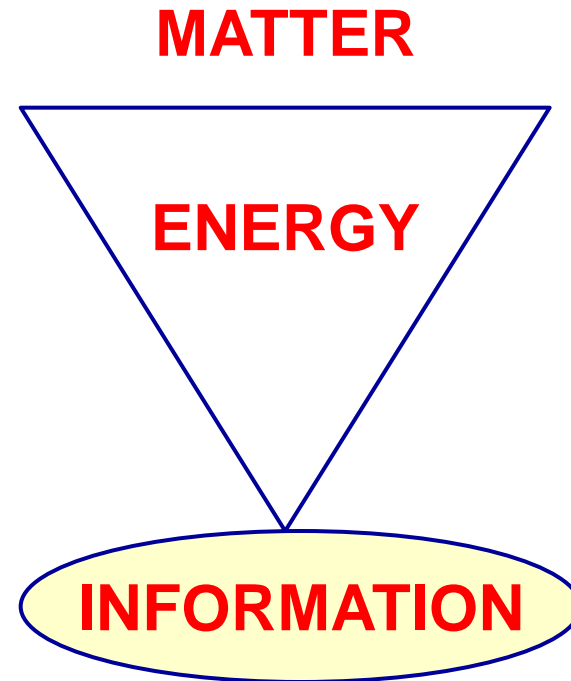
**The „disruptor“ (a toxin)
affects
the informational structures
of the human body.**

<http://respect-it.com>

A toxin in this theory
must not be mistaken
for a toxic substance
as defined by toxicology!



- The human body – as well as everything in the universe – works on the basis of information.
- Energy and matter are the other two components.



- If a disruptive information arises in the organism, it is transmitted into the functioning matter by means of energy.
- **A dysfunction or a disease appear.**
- *Eg: A disruptive information affects the bone marrow and it starts producing pathological forms of blood elements.*

Disruptive information coincides
with the concept of
TOXIN.

Matter is not able to function any more.
(Analogy: a computer virus.)

The human organism is regulated on the principle of feedback.

Regulation systems:

- Nervous system
- Immunity system
- Hormones
- Biochemical processes
- and other known or unknown information systems.

- **The system of receptors and effectors (collecting and performing organs) is the most important regulator.**
- *Eg: a high level of blood cholesterol, registered by the receptors, inhibits cholesterol production in the liver or starts the process of cholesterol degradation.*

The extent of a disorder depends on:

- How important the system is;
- Genetic predispositions;
- Age of the tissue;
- Phase of life;
- Stress strain;
- Toxicity of the toxin and its quantity.

- Detoxification medicine is a **wholistic method**.
- It makes use of universally functioning principles.
- The view of the human organism becomes simplified this way.
- **Optimally, we can even arrive at one universal principle.**

The diagram of the Earth

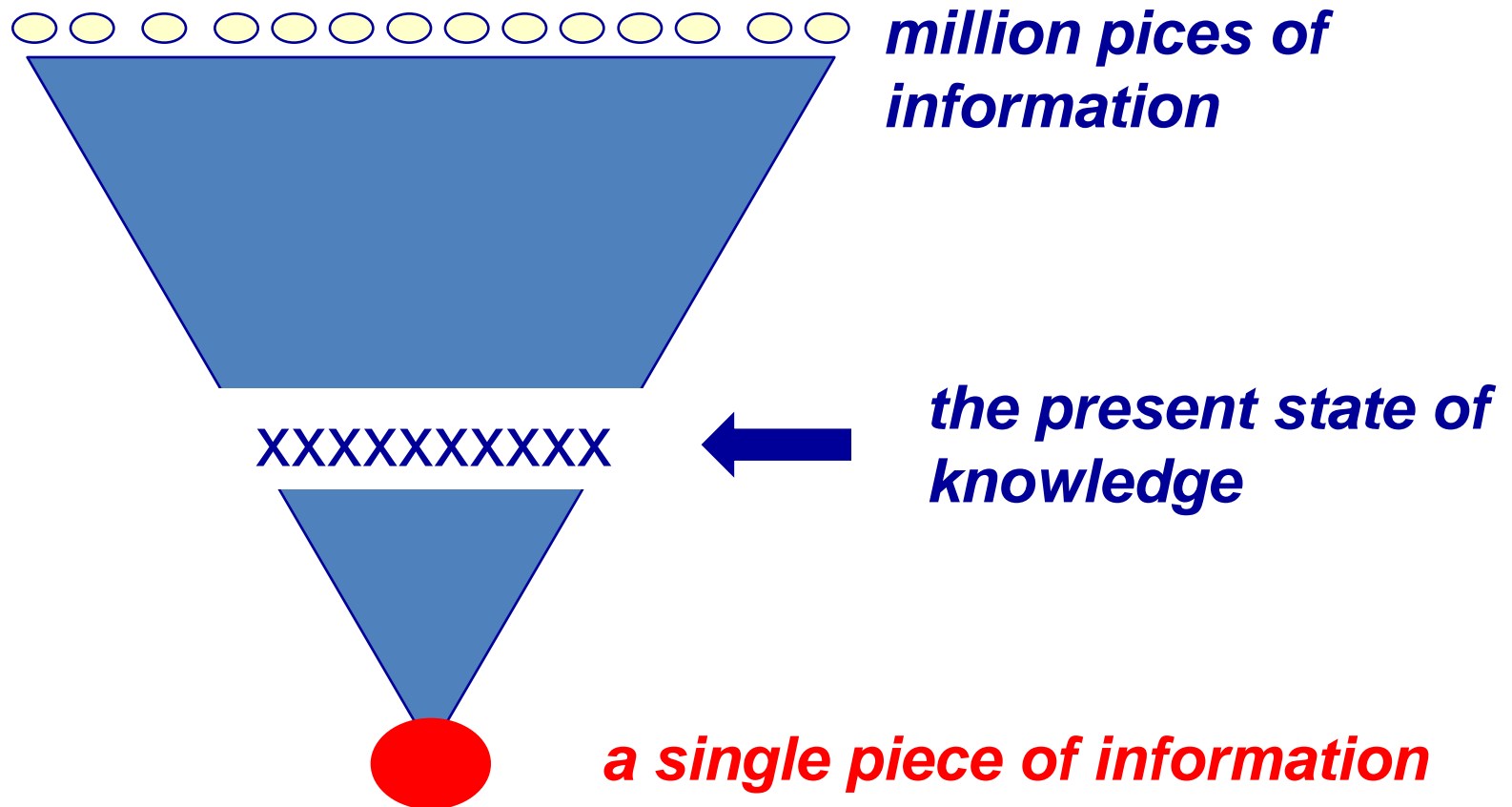
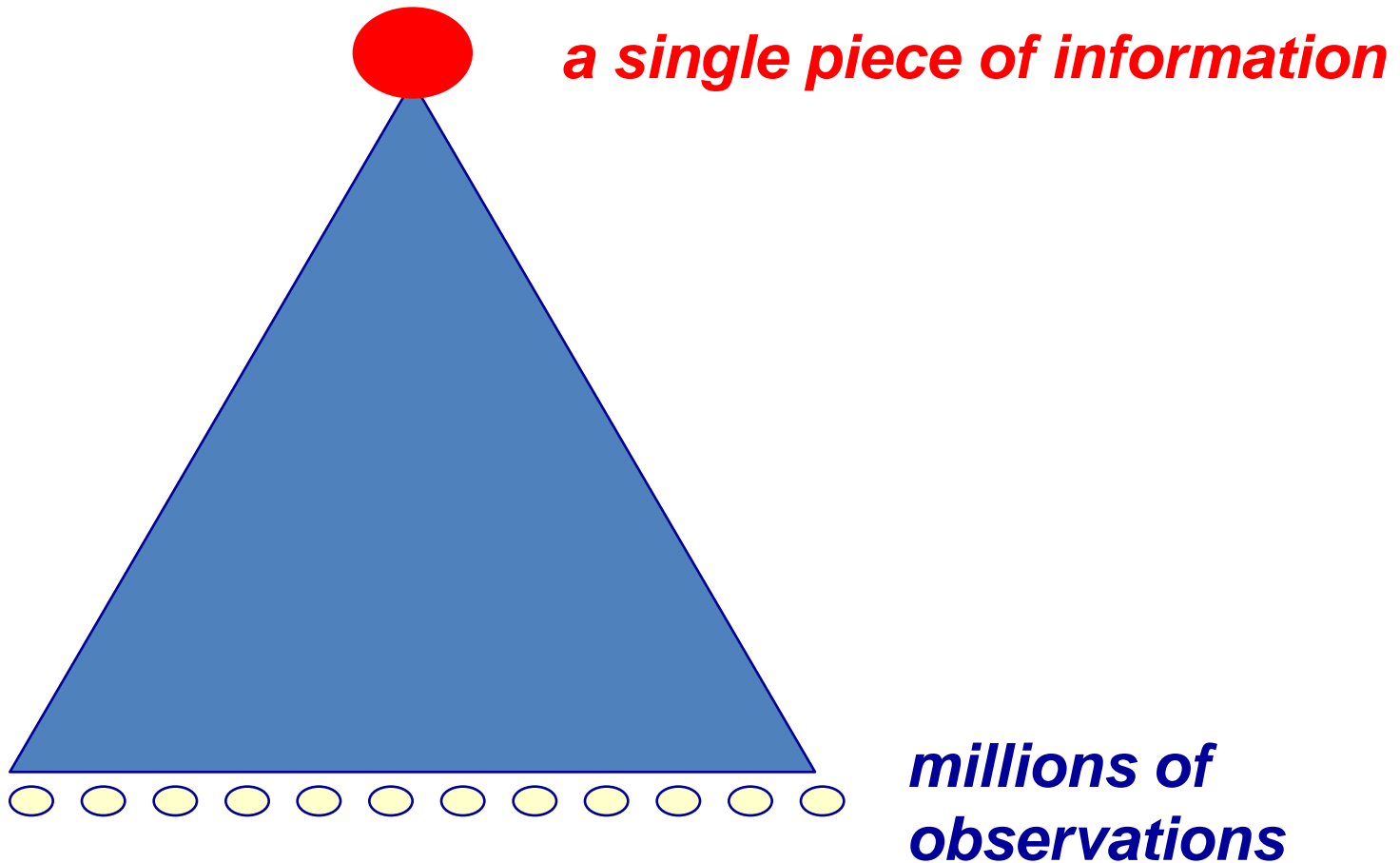
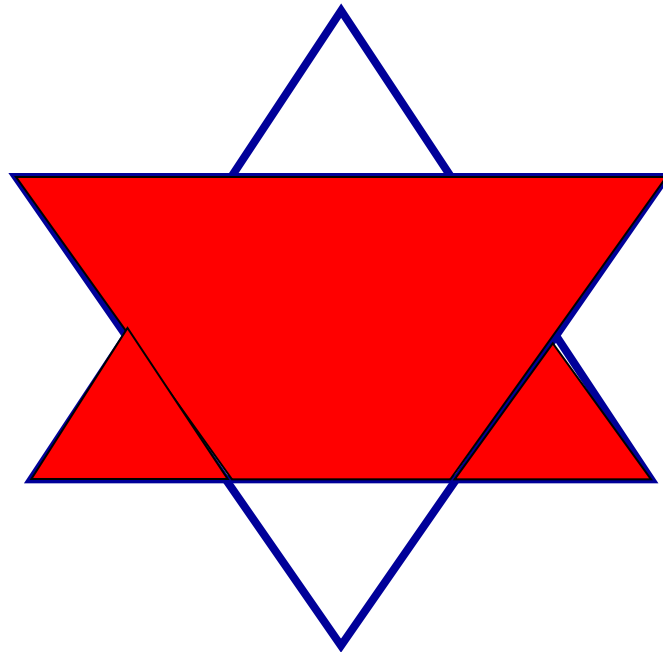


Diagram of the Universe



A woholistic view



HISTORICAL CONTEXT

The diseases were regarded as a punishment – **a punishment for the first sin**, for the disobedience of Adam and Eve, which resulted in banishing them from the garden of Paradise.



**Death and disease do not exist in Paradise.
That is why it was necessary to cleans the man.**



Here are the roots of detoxification:
a toxin is an evil spirit, coming from
the mires, a consequence of bad
food and bad thoughts.

**Historia
mater studiorum
est.**

Mesopotamia, 3000 BC



- A headache was caused by demons; it was necessary to unmask them and drive them away.
- **About 120 mineral substances and plants served to this purpose.**

Egypt, 3000 BC

A better state of knowledge:

- Every human being is born healthy but susceptible to diseases (genetics!).
- Demons and inner decay, those were the causes.
- The body can be purified through the intestine, therefore it is necessary to cleans the sick person with laxatives systematically.
- Herodotus, an ancient Greek historian, did not take in any food 3 days in a month and used emetics.



Ancient Greece – Asclepius, the god of medicine

- The serpent on his rod, owing to a regular shedding of skin, symbolized a perpetually liberating life, an absolute cleanliness.
- His two daughters, Hygieia (personification of health) and Panacea (personification of a universal remedy), live in tradition up to present days.

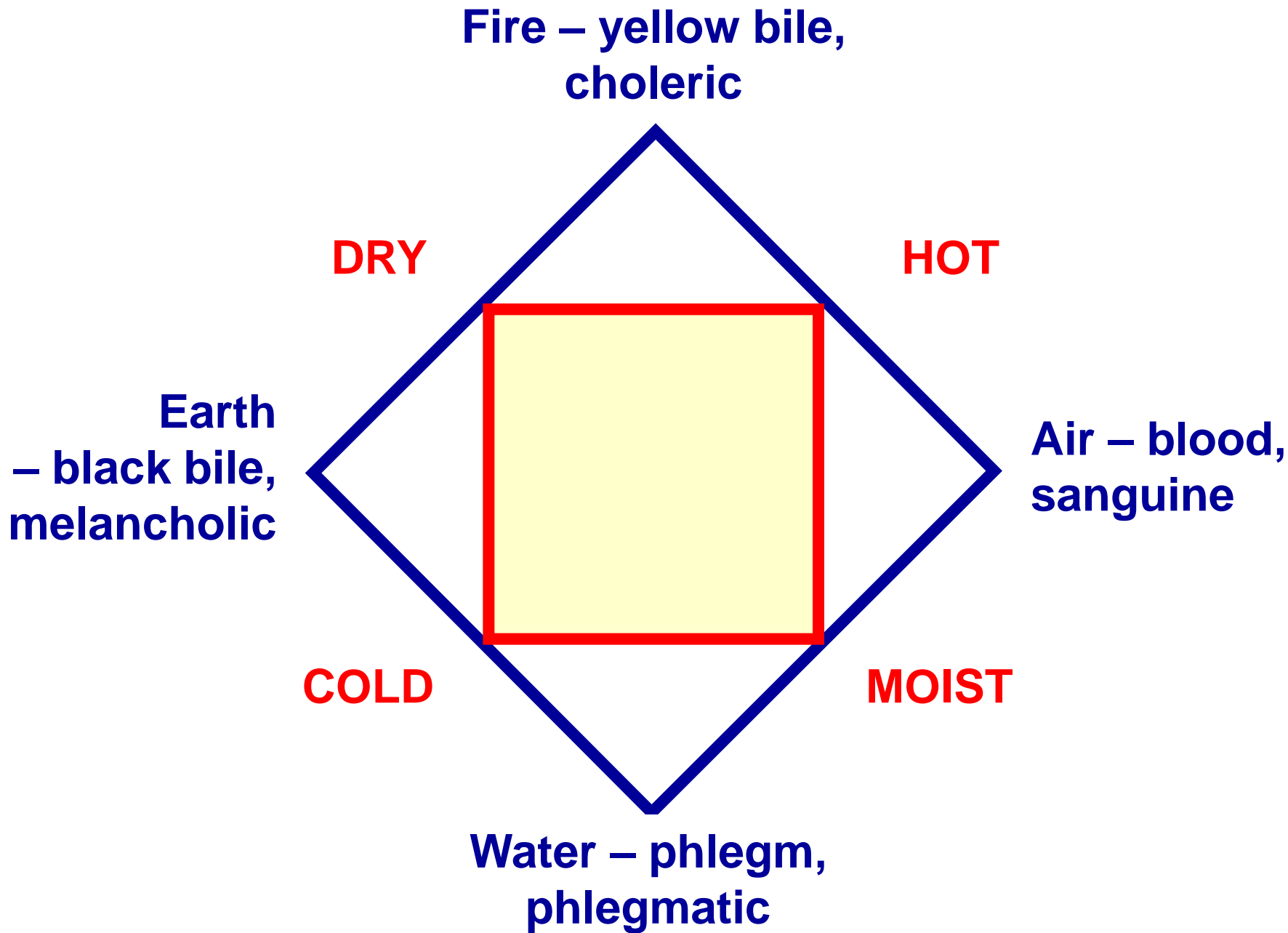


Panaceum, a cure-all, can be put into practice only as a complex of detoxification preparations.

**Hippokrates (460-377 BC),
his theory of four bodily fluids
(humours) and their cleansing**



**He is the best-known
physician
to use detoxification.**





Bloodletting

- no matter how its effects may have been interpreted
- is a detoxification method.

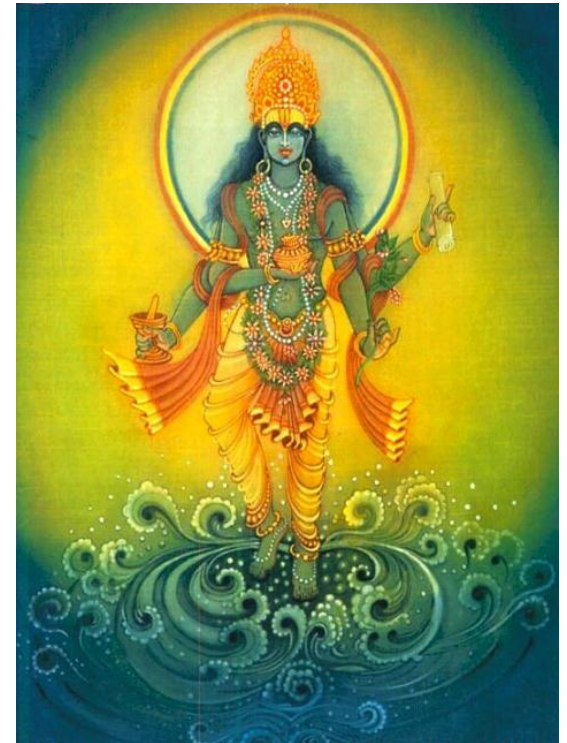
We can read following statements in late medieval literature:

„Women during menstruation are full enough of poison to kill animals...“

India

The knowledge of healing
gave rise to
ayurvedic medicine.

(Dietary habits and cleansing
massages, essential oils,
sweating, healing plants.)



Paracelsus laid the foundations of contemporary medicine. Diseases, according to him, were chemical processes.



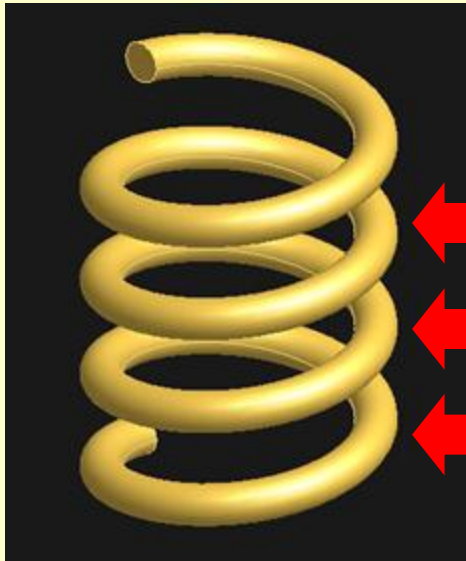
Contemporary medicine goes on developing this theory.

And that was the end of detoxification medicine.

**We return back to detoxification
if the contemporary state of knowledge
permits.**

Panta rhei – everything flows.

You cannot step twice into the same stream.



detoxification – the present

detoxification – recent past

detoxification – distant past

The development follows the spiral – we repeat the striving of ancient civilizations, only for 1-2-3 threads higher.

**The principle of health,
or of a disease if you like,
lies in
good or bad functioning
of the subsystems.**

- Bloodletting, leeching, cupping, hydrotherapy, fasting, hydrocolon, spa therapy – these are **detoxification procedures.**

There were two different attitudes towards health restoration in the past:

1. **Mechanical approach** (bloodletting, vomiting, laxatives, sweating);
2. **Shamanism**, incantation and exorcism, temples and religious belief, meditations.

In our concept, the human mind and body constitute unseparable parts of detoxification.

- The detoxification medicine can be termed an inner cleansing of the human organism.
- **The processes started by detoxification have long-term positive effects.**
- Cleansing processes are activated, blocked detoxification pathways are opened.

Philosophy of detoxification medicine differs greatly from the dogma of contemporary standard medicine.

- **We do not interfere in the biochemical processes by means of chemical substances (medication).**
- **We do not suppress, we do not stimulate.**

- **A frequent question**: Cannot immunity stimulation be harmful in some cases, eg. in case of an autoimmune diseases or after a transplantation?
- **Answer**: Detoxification does not stimulate immunity. We enable a normal immunity functioning by eliminating the negative elements that affect the immune regulation; consequently, the human body can set its functioning optimally.

Detoxification works
on the whole organism universally,
it does not act on every single organ
individually.

**The method of controlled detoxification
(C.I.C. – Controlled Inner Cleansing)
by Dr Josef Jonas is no dogma;
it is a guideline
how to **get rid of** toxic substances and
microbial foci step by step,
and **repair** emotional disorders.**

- **We combine the latest scientific knowledge with ancient philosophies.**
- **We give up specialization.** We concentrate on elimination of psychical and physical toxins at the same time.
- **We take away toxins from the organism, we do not bring in anything.**
- **We are able to resolve the existing health problems** including chronical disorders.

- **Our method helps in prevention.** We draw attention to health hazards of the environment and society to eliminate the causes of health disorders.
- **We enable people to get rid of** harmful and limiting emotions. We help them change their attitudes, feelings, relations.
- **We optimize** intuitive perception.
- **We influence** personality development positively.
- **We diminish** the environmental burden.