With Dr Josef Jonas: About the Health

Episode 17:

ARTERIES AND VEINS 2 – Veins

Today we shall deal with the issue of the venous system. The venous system suffers problems related mainly to its anatomical structure. As I have mentioned in the previous chapter, the veins have no muscle layers and their shape is thus dependent on the muscle between which the veins go. The veins, however, lead also in the subcutaneous tissue where there is not much of tissue to hold them. It is necessary that the predominantly fibrous wall of the veins was strong and good. Many people, nevertheless, have a genetic predisposition to weak venous walls. They are stretched and loose, especially in the lower limbs they are pressed by the whole blood system as the gravity is simply relentless. As far as veins are concerned, we do not talk only about the lower limbs. The veins are also in our brain where they might become a source of certain troubles because blockage of the venous system, i.e. thrombosis, leads to irreversible changes in the brain.

Everyone has also - at least in words - met with the fact that there is a risk of the so-called embolism. This is a problem of the arterial system because the blood clot gets into the arterial system of the brain or the lungs, where it causes life-threatening condition. But the clotted blood actually comes from the veins. The veins often create various bends or bulges; in short, there are spaces for formation of these clots or thrombi. The clotted blood is actually made of platelets and fibrin, a fibrous filament that forms a thrombus. It may be - under certain circumstances – created also in the heart. And that is the great danger that lurks in the venous system. Either there is inflammation and thrombi in the limbs or other body parts, or the clots break off and travel through the blood system all the way to the arteries where they cause havoc. When I was once in Austrian hospitals, every person who came there to the hospital was automatically, without being asked, given an injection against blood clotting. Some call it diluent injections that thin down the venous blood as the risk of development of thrombosis in hospitals where you receive infusions, various other medications or surgical procedures, is truly high, and the risk of embolism of venous system increases. So regardless of the patients everyone gets this dilution injection every day.

And as I said, we shall deal with the area that is important both for the venous and arterial system. There are various popular methods to treat the veins, for instance rubbing in the calendula or chestnut ointment or even increased consumption of buckwheat which contains rutin, a substance important for greater flexibility of vein walls. People also obviously wear compression stockings that compensate the fragility of vein walls, and put their legs up to relieve the veins from the constant pressure of the whole blood system due to gravity. This all is pretty common and people know it all. What they do not know is, however, absolutely crucial.

Human body produces a large amount of acids. These acids are produced naturally, be it the hydrochloric acid in the stomach or lactic acid in the muscles. Acids are produced from the food because every mouthful of meat and other foodstuffs breaks into uric acid. The body also produces various acids depending on the stress, anxiety, and of course on the type of food and environmental pollution. Such acids must be neutralized; they cannot stay in the organism. And the salts we have already mentioned are formed in our body during such neutralization. This is the first half of the problem. These salts are then neutral but they are deposited at various sites, including the arterial and venous system. And these salts use microorganisms, they penetrate them and below them and use them as protection against your immune system as well as against the action of antibiotics. Although we are aware of such microorganisms and we think that antibiotics will solve it all, in this specific case they are powerless. But what happens next? These neutral salts may be released to be completely eliminated from the body. During such release they turn to acidic salts, which is a serious problem because they overacidify the whole organism. The pH of an organism should range from 7 to 8 but if you take a litmus test and measure the acidity of your morning urine or urine during the day, you will find that it is acidic, that its pH is around 5. And that is not good for your body. It's a symptom of acidity and the body tries to eliminate the excess acid in the urine.

Excretion of excess acids therefore indicates the excess acidity inside the body. An organism of course must be able to cope with it because the blood pH must be absolutely stable. This acidity, these acidic salts then damage the venous system and together with toxins which circulate in the body damage the vein walls. That is why we care so much about the body detoxification. Toxins which are believed to be present in the body could be circulating in the vascular system. But they do not circulate there purposelessly. They attack the vein wall. Especially when there is a genetic predisposition, the venous wall is threatened by those toxins and ultimately damaged. There is a fair number of toxins, whether they are chemical substances, toxic metals, residues of medication and vaccination or different microbial residues, i.e. immune complexes, antigens.

These toxins circulate in the body quite frequently. Every time we do an analysis we find out that the human body contains a large amount of toxins from the environment or from food, further combined with toxins that develop directly in the human body. We have already discussed the intestinal dysmicrobia. It triggers fermentation in the guts, increases the amount of acids and salts in the body and develops various more or less dangerous toxins that - among other things – reach the blood and damage the venous system. We can thus say that vein and artery of course (because these processes play a crucial role in the development of sclerosis of the arteries), and the elasticity of blood vessel walls suffer from salt deposition, and we should be able to get rid of the salts. Veins also suffer from salts

containing various microorganisms and toxins, thanks to which the venous walls lose their flexibility, get stretched, valves do not close properly, blood keeps returning and creates varicose veins where the blood may clot and create thrombi. This can occur throughout the body and poses a great danger not only for health but also for human existence.

In order to restore the elasticity of vein walls – we, of course, should have thought about it a long time before discovering such problems - we must learn to live in such a way our body creates only minimum amount of such salts. And we need to learn to excrete acidic salts to keep our venous and arterial system flexible and in good shape. Therefore, deacidification and desalination of organism is such an essential process. Given that people generally know very little about this process, we shall deal with it in more detail later on and offer some practical tips.

As regards our detox products, we should use **VenaDren**. And of course it is our duty to eliminate all other toxins I have just mentioned, i.e. metals, chemicals, microbial toxins, etc. But the basic preparation for the venous system is VenaDren.

Source:**www.youtube.com/watch?v=1n8a9OCpObU&t=7s**

http://asociace-tdp.cz/

www.kinosvet.tv