

Asociace terapeutů  
a detoxikačních  
poradců

**KINOSVĚT**

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

**Episode 18:**

### **HEART DISEASES AND NATURAL MEDICINE**

Today's topic is very important because heart diseases along with the vascular system disorders that we have already discussed, i.e. the arteries and veins, constitute the majority of diseases related to older age and are also the most common cause of death. There is no other disease that would approximate this frequency of occurrence. Natural medicine does not have any vast experience with heart diseases because only a few clients with such troubles actually turn for help to healers and therapists. They apparently consider such problems too serious. Also, the current modern medicine pays great attention to this issue so that all progress, particularly the progress in the cardiovascular surgery, is enormous and therapeutic options also keep improving. Therefore it is only logical that people with these serious diseases turn for help to specialized doctors - cardiologists.

However, from my perspective, it is ideal to combine both approaches, as after all with all types of chronic diseases. In all types of chronic health problems it is always best to combine various approaches because modern medicine is not after all in such a high stage of progress to be able to solve completely chronic problems. And of course natural medicine also does not know it all and cannot solve everything on its own. Therefore, combination is always worth a try as both approaches are complementary, and the result is much better compared to a situation when one relies only on a single line of therapy. I'm surprised that people have not discovered this logic yet despite their great efforts and despite the fact that even the experience shows that if we leave this decision to the patients they often opt for this procedure. Natural medicine has a whole variety of options from psychology to medicinal herbs or homeopathic medications and various other options. If counted they would certainly make more than fifty possible approaches.

Heart is a rather complex organ because it consists of a whole series of tissues. The best known tissue is the heart muscle (myocardium), an amazingly industrious muscle that performs hundreds of millions of contractions in the lifetime. Myocardium is lined by a hydrophobic layer called endocardium. This ensures that the blood will not get stuck on the heart walls. Endocardium also covers all kinds of valves. Third tissue that people usually know least is the so-called the electrical conduction system of the heart. This system consists of two automatic nodules and nerve fibres. They are automatic because they create

electric pulses which are subsequently transmitted via nerve fibres to the cardiac muscle. The nodules thus create what we call a pulse, a heartbeat or a systole heart because every pulse is actually a heart contraction. These nodules are basically like microchips that control frequency of the contractions. There are more heart contractions during a physical exercise, and less when at rest. In short, the pulses are not always the same because they are driven by the needs of the organism. These three tissues are essential and very important, and as such they most often get "broken". We could actually add one more tissue that people do not know at all and that cannot be treated in any way and is not even taken into account. This is the fibrous skeleton of the heart. The heart contains a fibrous tissue that forms a supporting framework for other structures, and plays an important role in alternative medicine.

The whole heart is packed in a bag that is called pericardium. People often think that coronary arteries also belong to the heart and that their obstruction causes the heart attack and partial occlusion is the case of angina pectoris also known as the ischaemic heart disease. But this is wrong as these arteries on the surface of the heart do not belong to the heart system but rather make part of the vascular system. However, with their malfunction the heart mostly also does not work well due to lack of oxygen, and therefore these two systems are interconnected.

What is actually the greatest danger for the heart? From the point of view of alternative medicine, we can definitely say that the greatest danger for the heart is the burden of chronic stress and damaging emotions, emotional experiences. We do not take much into account these two toxins. They are simply part of our life. But I believe they are the principal, basic toxins that damage our heart. Recently I was telling my friend that his heart problems derive from a certain stress life he had led. And he replied 'Yeah, but I think I already got rid of stress, it's over, and my life is much calmer now, without great stress and without major emotional wounds.' And I realized that people do not realize that everything we store in the cellular memory of our body will stay there forever and we cannot get rid of it. That we only put one layer over the other, store and add others until the body has got enough and starts to fail and deteriorate. This is very important and we need to realize that if a heart problem appears in our fifties, sixties, seventies, it is because of the stressful situations and emotional damage from previous years. I believe that everyone can find enough of such examples in their bodies to prove this statement.

This results in microorganisms being deposited in the heart muscle, in the nervous system of the heart as well as in the endocardium, creating microbial deposits there. And that is the greatest problem for our heart. They weaken the heart muscle until it is finally so weak that it cannot any longer function properly. Microbial deposits are also related to even more complicated toxins from upper levels of medicine but we still should be aware of them. They are called antigens and immune complexes. Antigens are antibodies which bind to microorganisms, to various types of infections forming thus immune complexes. They should be eliminated but unfortunately this is not done completely and so they stay there as for instance toxins in the heart. Although the heart can cope with certain infections that can attack it, these infections often leave behind toxins, these antigens and immune complexes, and they continue to damage the heart.

Other important toxins are microbial toxins. They are toxic substances secreted by various microorganisms. We must realize that all blood is constantly flowing through the heart and

continues to the whole body and that everything the blood carries with it also gets directly to your heart. This way the blood can transmit various microorganisms to the heart weakened by stress and emotions. Other very important toxins are intestinal toxins. I keep repeating that intestinal dysmicrobia is very serious and that it fundamentally disrupts the whole organism. And that is true. Even today I insist on it because the intestinal dysmicrobia causes toxin leakage from the bowels, and depending on their composition or level of bowel disorder they can be quite toxic. Well, they are harmful in any way but sometimes they may be truly toxic and such get stuck in tissues through which they flow. It is not made of stainless materials that would prevent them from getting stuck in our viscera. Everything in us is made up of such tissues that capture and hold both various positive and important substances, and, of course, also various negative compounds, i.e. toxins. And if a person is that unlucky and has genotoxic toxins in their intestines, i.e. those that seriously harm the genes, then such toxins directly damage what guarantees the functions of the respective organ, i.e. genetic information.

To detoxify the heart of those toxins certainly means extending your life expectancy, extending the active component of life for which we simply need the heart, and it is definitely worthy to combine cardiac care with such detoxifying agents.

The basic detoxifier is **Biosalz** or **Activ-Acid**. These two are functionally identical preparations whose task is to remove salt crusts that prevent access to toxins in our heart. Then we should add **Activ-Col** to destroy the source of possible intestinal toxins. But that's not enough, it must be followed by **Toxigen** that finally drives toxins out of tissues, and even those that have been leaking from your intestines for decades. This again must be followed by another basic detoxifying agent for the heart, which is **CorDren**. This preparation eliminates microbial deposits, i.e. the chronically deposited microorganisms, from the cardiac muscle, from the nervous system as well as from the endocardium. For that purpose I also recommend **Non-grata**. This is a preparation that tackles the two complex concepts I have mentioned, the antigens and immune complexes. The last preparation I recommend for the healthy heart is **Mikrotox** which removes microbial toxins released from those mentioned deposits or other infections of the circulatory system. It is a set of six preparations but the heart is a valuable gem for us and deserves such care.

Source: [www.youtube.com/watch?v=FYjPuMeByQw&t=7s](http://www.youtube.com/watch?v=FYjPuMeByQw&t=7s)

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