

CHRONIC FATIGUE SYNDROME (CFS)

Hello, dear viewers of ATADEP internet television and fans of Dr. Jonáš' series, with whom we discuss various health problems and their solutions with the help of Joalis preparations. Are you so tired that you would love to just sleep all day? Don't feel like doing anything? Can't concentrate on anything? If so, it's quite likely that you suffer from chronic fatigue syndrome. I read somewhere that CFS is an unusual and mysterious diagnosis. And if you do decide to go to a doctor, it's possible that they won't know what to do with you. Will doctor Josef Jonáš, expert from the field of holistic medicine, know what to do? We'll ask him. You have the floor, doctor.

You heard correctly. Chronic fatigue syndrome was, and still is, a very mysterious diagnosis, or more precisely, as we will hear, it's actually not a diagnosis at all. When, in the 1980s, news began to filter through to us that a new illness existed in the United States which manifests itself by very strong fatigue and excludes a person not only from work, but from life in general, we thought it didn't concern us. However, within a decade, the illness arrived in Europe, and we still struggle with this indication, this symptom today – sometimes more, sometimes less. It's not possible to record statistically how many people suffer from fatigue, because fatigue is a subjective feeling. Fatigue is not measurable in any way. We cannot objectively measure that one person is very tired and another is less tired. It's simply not possible. In any case, it's clear that it is not just I who meets patients who are chronically fatigued; all of you have people like that everywhere around you, or perhaps you even suffer from something similar yourself.

Chronic fatigue can affect anyone, from childhood to adulthood. The only thing that was ever discovered in this regard is that it is often so-called “yuppies”, which is an American expression for young managers who were willing to sacrifice their spare time to work and career, and therefore worked continuously, who suffer from this syndrome. It is therefore highly characteristic that fatigue syndrome is preceded by certain stress and tension. For chronic fatigue syndrome, which by the way is abbreviated as “CFS”, it is typical that it does not have any objective laboratory findings. It is not possible to find anything special appearing in the blood or urine; all organs function normally. Given the fact that this syndrome does not have any objectification, it was never included in any list of diseases.

Energy accompanied the medicine of past millennia very intensively. Old traditional medicines actually dealt with life energy. Ayurveda recommends breathing exercises and drawing energy, or pranas, from breath, Chinese medicine focuses on the so-called triple heater, which is actually the digestive system, that is supposed to draw energy from food, not only in the form of calories, as we know it, but also so-called ethereal energy, which is how traditional Chinese medicine understands it. We, in the time of microorganisms, know that chronic infections caused by microorganisms, which are found in our organism, drain our energy. And because practically all of us suffer from some chronic infections, we all have slightly less energy than we could have or than we need. Energy and vitality is very important in this world for a person to be able to manage in their career, family, regimen, health, lifestyle etc. A large amount of energy is needed for this.

The only symptom which was detected for this problem is immune disorders. Chronic fatigue syndrome is very often accompanied by immune disorders, which is why treatment mainly focuses on preparations which strengthen immunity. Some are of the opinion that it's actually hidden depression and prescribe anti-depressants, others see that there's some kind of neurosis involved and recommend a psychotherapist. Most people who suffer from fatigue end up using some type of self-medication, like vitamins and a healthy lifestyle, including raw food, which is currently sought after as an energy source.

Of course, fatigue can be a symptom of some other illness. It may mean a shortage of blood cells, anaemia or some other blood disorder, or perhaps a tumorous disease. These may all manifest themselves by fatigue, but they are not CFS. We're talking about chronic fatigue syndrome in a case where the person does not suffer from any illness which would cause this fatigue, and where the state of fatigue lasts a long time, meaning years. I know patients who have suffered from this problem for five or six years, or even longer.

So what, in fact, is the source of this illness? At this point we have to look into the brain, and we have to discuss a structure about which the ordinary person knows nothing. In the so-called rhombencephalon, which is formed of three parts (the extended spinal cord, the pons Varolii and the mesencephalon) extends a strip of nervous tissue known in Latin as the *formatio reticularis*. This nervous tissue has a very important function, because its task is to send out impulses which stimulate other neural structures to activity. And it is this *formatio reticularis* in the mesencephalon that stimulates the cerebral cortex. For example, when we want to sleep, we switch this structure off and we can fall asleep. When we can't sleep, it means that we did not manage to switch off the mesencephalon's *formatio reticularis*.

Because of the presence of the toxins which are found in this nervous tissue, the *formatio reticularis* often sends out fewer impulses, or the impulses are of a low quality, and the result is that the cerebral cortex is not sufficiently lively; it is slowed down, and creates a feeling of fatigue, which we then feel throughout the entire body. Thus, if we want to rid ourselves of chronic fatigue syndrome, we have to remove the toxins from this part of the brain (the *formatio reticularis* in the mesencephalon). Of course, various kinds of toxins can be found there – organic, inorganic etc. But primarily, and most frequently, we encounter toxins which are created during so-called intestinal dysmicrobia, which we discussed in previous parts. Billions upon billions of the microorganisms in our intestines are capable of producing highly toxic substances, which then affect the quality of not just the bodily organs, but also the nervous system.

Other toxins are also found in the *formatio reticularis*, such as chronic infections or localized, deposit-based infections – so-called microbial deposits. However, the settling of these toxins is of course preceded by chronic, long-term stress.

What can we use to remove these toxins? In first place it will of course be a preparation that can handle intestinal dysmicrobia – **Activ-Col**. Not only does it normalize the intestinal environment, i.e. the composition of the intestinal microflora, thereby preventing the creation of toxins – it also has an amazing quality in that it can remove the intestinal toxins which have lodged in other parts of our organism, including the brain, in the past. It is well known that we can even suffer from dysmicrobia for decades, but a significantly shorter time period

is enough for our organism to become clogged by this toxin, so the removal of intestinal toxins is the first step.

The next step will be using the **FATIG** preparation. This preparation removes microbial deposits directly from the *formatio reticularis* structure in the mesencephalon. By this we take an important step towards helping this structure to function normally. In certain cases, we can also use the **SPIROBOR**, **ZOOINF** and **ANTIVEX** preparations. These are microbial preparations which intervene in the event of a chronic infection – which is common in this case – and remove it. In case we want to know which microorganisms are found there, they're neurotropic viruses, i.e. viruses which have a relationship with nervous tissue, or other “neuro” microorganisms, such as for example borrelia. These are the most common microorganisms which stand behind chronic fatigue syndrome.

The fact that we detoxify the nervous tissue does not free us from the need to think about why the problem with fatigue came about in the first place, and about whether the stresses to which we constantly refer are not completely unnecessary; whether we could change our attitudes to life slightly. We also need to think about whether our diet is OK, or whether it could be better, and whether we need to improve our overall lifestyle. Every illness of this kind should raise these questions for us.

You can be sure that energy is the most important thing you need, because if you have enough energy you can overcome all sorts of obstacles, you can handle all life changes; you can handle anything. The basis for us being sure that nothing in life will defeat us is sufficient energy, and you must not let it be stolen in this way.