

Asociace terapeutů  
a detoxikačních  
poradců

KINOSVĚT

With Dr Josef Jonas: About the Health

Episode 13:

## JOINT AND SPINAL PAIN 1 – focusing on the spine

Today we should concentrate on joint and spinal pain. There probably isn't a single person who doesn't know what we are talking about. I recently wandered into a shop with "healthy" armchairs and chairs; by that I do not mean that the chairs were healthy, but that they were designed for people with spinal and joint pain. The saleswoman told me "You must have a sore spine, so you're in the right place." When I told her I've never had spinal pain, she looked at me distrustfully and I believe she thought I was a liar.

And why is that? Of course, the biggest culprit is gravity, the attraction of the Earth, because a person walks upright and all their weight hangs on the joints and the spine, so they are organs which come under extraordinary stress. If we crawled like snakes, we probably wouldn't have these problems.

But let's get to the point. The spine and joints have much in common. They are composed of cartilage, which absorbs shocks between the joints, and they are composed of kinds of fibrous bridges, which hold both parts together, e.g. two vertebrae or two bones, around which muscles and ligaments are attached; in short, they are very similar structures from the same material, and are subject to the same rules.

Today we will devote ourselves mainly to the spine. At this point we need to shed light on one new term, which is the so-called **microbial deposit**. These are hidden microorganisms which manage to survive in our tissues, without our immune system noticing them and without us managing to destroy them, e.g. with antibiotics. This is a very unusual phenomenon, which we do not hear much about, but a man by the name of Luc Montagnier, a Nobel Prize winner who still teaches, conducted a spectacular experiment, during which he used sensitive instruments to record the behaviour of these very hidden infections. He discovered that every microorganism has its own typical curve. And what is this curve? Electromagnetic waves. That means that a microbe, as a live organism, emits electromagnetic signals, which have a certain disruptive effect on the person's biofield. In addition to this, it obviously also produces various toxic substances; so-called microbial toxins.

These hidden infections are very important, because they are often the reason why our joints or spine are sore. They have the ability to settle directly in the fibrous parts of the locomotor system, and we have no chance of destroying or getting rid of them. A very important part of spinal and joint pain prevention is nutrition. Obviously this mainly means nutrition during childhood and youth. Sugar, which in the case of the locomotor system we regard as a very harmful foodstuff, requires minerals to be processed in the organism. The sugar which we eat is so-called refined sugar, which means rid of all impurities and additives, but also of important minerals. And it is these very minerals which are very important for building the cartilage and those fibrous parts of the joints and spine. If the diet is of poor quality then the tissue will obviously also be of poor quality. This befalls most people who, during childhood, were already on a “civilized” diet, as we know it today, and which I regard as very poor. But nutrition later in adulthood and in old age is also extremely important, because the organism constantly creates acidic substances which must be neutralized in the body. Neutralization also takes place with the help of minerals, which have an alkaline character - for example with the help of calcium, which is a typical base-forming element. And as we know, we need calcium in the organism for building bones and joints. It strengthens all the fibrous tissues. But it's not just about calcium, which is the building block of many tissues in the body, but also magnesium and other minerals and trace elements. And it is during stress or during a so-called acidic diet – this does not mean that the diet has a sour taste, but that it is acid-forming – that large quantities of these minerals are consumed. And where do they come from? They come from the tissues they are found in, which means from bones and from the fibrous apparatus which forms the main part of the connective system

The locomotor system then suffers and lacks the necessary quality. It cannot resist gravity, and it cannot resist the effort we must put in at work, during sport, or during other activities. Thus, in general, we can say that of the many reasons on which I could elaborate further, our locomotor system is not built from quality materials, and therefore cannot take much strain. And that's not the only reason. Traditional Chinese medicine says that the spine and joints belong to the kidney circuit. And it is the kidneys which decide on mineral management. So if we weaken the kidneys with sugar, salt and large quantities of fluids, we also weaken the locomotor system.

The spine, in particular, is very sensitive to stress. Stress actually lodges in it. For example, people say that someone “carries the weight of the world on their back”. This means that stress causes significant damage to the spine. It also causes excessive muscle strain, where the muscles pull on individual joints in the spine, thereby putting the spine under even more strain. We also know from organ reflexology that certain organs, particularly in our abdomen, affect the spine. For example, the kidneys, small intestine and large intestine affect the spine, by pathological excitation.

As we can see, there are very many of these influences, and I haven't even mentioned the most important one, because we actually discuss it every time we talk about the detoxification of some health problem, and that's the intestine. Intestinal toxins, which are created during intestinal dysmicrobia, travel out of the intestine and have a very significant effect on the nervous and locomotor system. They settle directly in the locomotor system, where they cause various inflammations. This means that difficulties with the locomotor system practically always involve some form of inflammation, and therefore our spinal pain is also caused by inflammation.

If we want to get rid of it, we must first restore so-called intestinal symbiosis, so that we rid ourselves of the source of these intestinal toxins, because the digestive organs are actually directly attached to the spine. But in addition to the preparation which we regularly use, i.e. **Activ-Col**, I would also recommend the preparation **Toxigen**; it rids the locomotor apparatus of these intestinal toxins, which have remained there since the time we suffered from intestinal dysbiosis. Today we may no longer have it, it could be half a year or a year later, but these toxins are still active. Microbial deposits, i.e. hidden infections, are removed using the preparation **ArtiDren**.

Of course, if we wanted to really heal our spine and joints and make them better, we would also have to rid them of the salts which are associated with the over-acidification of the organism and the neutralization of acids. But this is a bit of a tricky issue, because at this point I would not dare to simply tell listeners to use the preparations **Biosalz** or **Activ-Acid**; the activation of these salts can lead to the long-term deterioration of the situation in the locomotor system. That is why I would recommend a natural cure, which I consider very important, and that is alkaline baths. This means a full body bath, if you have a bathtub, or at least a foot bath. If a person has a bath, and they can submerge their whole body in it, for example with baking soda, the effect will be even greater. They do not have to use a simple agent like baking soda; they can buy salt in the pharmacy which directly induces the alkaline character of the internal environment. There are even various special stores which sell such bath additives. I consider baths which remove these salts, and which remove the acidity of the person's internal environment, as very important, even fundamental, for a start towards a better locomotor system, and most importantly for removing inflammatory spinal problems. If we also use the preparation **Streson** – as I said, stress plays a very important and negative role – then we will activate the healing process and rid ourselves of unpleasant and persistent pain. Obviously, if we also combine this with exercise, strengthening of the back muscles around the spine and the appropriate lifestyle, we can go through our whole lives without any spinal pain. The next time we will look at the joints in similar detail.

Source: [www.youtube.com/watch?v=SOQ0dxWKBHM](http://www.youtube.com/watch?v=SOQ0dxWKBHM)

Copyright © Asociace terapeutů a detoxikačních poradců z.s. a Kino Svět (Československá filmová společnost, s.r.o.) 2016

<http://asociace-tdp.cz/>

[www.kinosvet.tv](http://www.kinosvet.tv)