

INTESTINAL SYMBIOSIS AND DYSBIOSIS – 2ND PART

Hello, dear viewers. We're glad that you've been watching our regular series, in which you find out interesting information about your health. And if you already have some health problems, we'll try to find their cause and solution together – perhaps with the help of Joalis preparations. In mid-February 2016 we started our series with a theme dealing with intestinal symbiosis and dysbiosis. By the way, that part had a large viewership, which makes us very happy. New findings from Dr. Jonáš' progress have led us to record a continuation of this theme, as we are talking about a theme which is serious and relatively complex. Dr. Jonáš himself will tell us what these findings are, and what they consist of. You have the floor, doctor.

Dysmicrobia of the intestinal tract is actually a much bigger problem than we can even imagine, because the toxins that are created during this intestinal disorder can influence everything in our organism, and they can even cause some very serious diseases. Primarily, they can cause female infertility, inflammation of the gynaecological tract, cystitis or various pains in the abdominal cavity. They affect the functioning of the pancreas and gall bladder, and of course, most importantly, they affect the functioning of the entire nervous system which, after all, controls our entire organism.

So there is actually no function in our organism that could not be affected by toxins created either by the direct participation of the micro-organisms in our intestine, or during the transformation of food into various substances. And it is during dysmicrobia that these processes can create poisonous substances. People imagine that our digestive tract does not contain many organisms. This is a mistake; the reality is completely different. If we poured out all the micro-organisms in the digestive tract, we would end up with a pile at least a kilogram in weight. So we're talking about billions of micro-organisms, which for us is practically unimaginable. It's very important to realize that micro-organisms settle in the entire digestive tract, all the way from the oral cavity. A large number of micro-organisms are even found in the oral cavity which means that it, too, can be affected by dysmicrobia. So we can't just talk about dysmicrobia of the intestine; we must also talk about dysmicrobia of the oral cavity, which results in tooth decay and various inflammations in the organs and tissues of the oral cavity.

Even the stomach is not free of micro-organisms. Thus, we can also come across dysmicrobia of the stomach – after all, the very popular discovery of the helicobacter, which is usually connected with gastric inflammation and ulcers, can also create problems with the production of various enzymes which are excreted in the stomach and which form the very important start of the digestive process. Many micro-organisms are also found in the small intestine. Their number even increases from the oral cavity onwards – the greatest number of them is in the appendix.

But there are also very many of them in the small intestine, and a state of dysmicrobia can also occur there, i.e. a mixing up of the composition of optimal microflora, which has extremely unpleasant consequences because the small intestine is where minerals, trace elements and vitamins are absorbed; it also absorbs certain proteins and excretes digestive enzymes, which we'll discuss later. Dysmicrobia disrupts the absorption of these important

elements, which means that we regularly meet people with an insufficiency of iron, iodine or certain vitamins, for example vitamin D or vitamins from the B series. These people then use various substances in tablet form, without suspecting that the malabsorption of these substances is the problem. After all, their intake in food is usually sufficient because the organism uses them sparingly, returns them into circulation and uses them again, so in this regard it is very economical.

If we're going to talk about various preparations, I'll obviously spout lots of names at you. Before that, I want to slightly reduce your anxiety about such a quantity of preparations, because we've created the preparation **ActivCol**, which contains three ingredients. One of the ingredients is relatively common today, and is called a prebiotic, i.e. a substance which supports the growth of positive micro-organisms, e.g. lactobacilli. The second ingredient is probiotics. These are the lactobacilli themselves, which are meant to propagate in the intestine. However, we already know, and I claim this completely responsibly, that the use of lactobacilli, even if we support them with prebiotics, is not very effective, because it does not strengthen the function of the intestine or deal with dysmicrobia. Thus, the third ingredient in the preparation **ActivCol** is informational, and I personally regard it as decisive, because this enormous community of billions of micro-organisms must be controlled by something. This community is not accidental, but just like our human state, for example, must be managed, directed, monitored, influenced etc., so that it does not come apart, disintegrate or fall into chaos, the same applies to the management of the entire environment of the digestive tract.

At this point we're still talking about the digestive tract, which includes the small and large intestines, stomach and oral cavity. The last time we discussed the preparation **CORTEX**, which is a preparation for the part of the brain called *Pons Varolii*, which contains those important centres for controlling the community in the digestive tract. To this preparation, we've added the preparation **NODEGEN**, because we've associated all the preparations with some psychological quality, with some emotion or some stress. After all, this is another cause of the breakdown of the otherwise perfectly planned functioning of our organism. Today, we would also add the very important preparation **COLIDREN** to it. "Colon" means "large intestine", and ColiDren is a preparation that develops a certain activity in the large intestine. That's no secret, but it doesn't belong in this chapter, so I'm not going to discuss it in detail. In short, it's a preparation which regulates the condition of the intestine, but only the intestinal canal, in both the small and the large intestines. In fact, this canal is a very complicated piece of equipment which can, of course, break down, and then it contributes not to the creation of dysmicrobia itself, but to preserving the state of dysmicrobia, which then cannot be removed.

Two neural "stockings" - plexuses - are found around the intestine, a very interesting nerve system which controls not only the movements of the intestine, but also monitors intestinal content and controls other affairs. For example, it is a major producer of serotonin which, as almost everyone knows, is an important antidepressant, which many people describe as a good mood hormone. Both of these nerve plexuses, known as intestinal plexuses (Auerbach's and Meissner's, according to the anatomists who described them), very significantly contribute to monitoring the situation in the intestine. And if they malfunction, they cause not only a breakdown of intestinal movement, but also a breakdown of the composition and control of faeces, e.g. the volume of water in the faeces and the expulsion

of faeces, i.e. a breakdown of the drainage process which rids us of various residues and toxins.

But that's not all. You've surely noticed that we're still talking about the nervous system; first about the *Pons Varolii* and now about the intestinal nervous system, which we regulate with the help of the preparation **ETERNAL**. Another important component of the nervous system is **glial tissue**, about which people usually know nothing, but it will certainly be dealt with in many subsequent parts, because its function is reflected in the activity of the entire nervous system. It is a supportive tissue which supports nerve cells not just mechanically, but also ensures their nutrition and their cleansing, detoxification. It is an immensely important part of the nervous system. The preparation **MEZEG** regulates its quality and function, and therefore supports the afore-mentioned neural preparations.

And then we have two very, very important preparations here; **EVIDREN** and **PEESDREN**, which remove the residues of vaccinations, antibiotics and other organic toxins. And it is these very toxins that not only participate in intestinal dysmicrobia, but are extremely dangerous for the entire organism. They also demonstrate how seriously this civilization interferes in our lives. From childhood, we all "treat ourselves" to vaccinations and antibiotics thanks to this very civilization. And not only that – animals are also vaccinated and fed antibiotics, and we consume many of these animals and thereby ingest these veterinary quality substances in massive quantities. With the help of our EAV technology, we can convince ourselves daily of the extent to which we are saturated with these substances. The state of dysmicrobia, and its treatment, is closely connected with their removal.

As you can see, there are very many necessary preparations. I'm saying this so that everyone can realize that the most important thing is the control of this entire system. If something breaks down, it isn't just a local matter, but a matter for the entire organism; mainly for the receptor components which monitor the situation, and then the components which evaluate the functioning of the entire organism, including the intestinal system. They are found in the nervous system, so that's the main area where we have to look for health. And I repeat again: you don't have to get scared of the quantity of these preparations. It is very good to use them, because these preparations do not just have a local effect on the intestine, and on the state of dysmicrobia, but within the scope of holistic medicine they affect the entire organism, and at that moment you actually don't suspect that you are doing something so important for the entire organism. But you can replace all the afore-mentioned preparations very well with just one, and that's the preparation **ActivCol**.

As we still have the opportunity to mention some intestinal problems, let's discuss one more phenomenon which people often complain about, and that's flatulence. This is actually the formation of gases in the intestines, which is not only subjectively very unpleasant for the affected person, but most importantly it signals a problem. This problem may be connected with intestinal dysmicrobia, because micro-organisms, e.g. bacteria which produce various gases, can propagate in the intestine. And these, according to the type of bacteria – excuse me – either smell or don't smell, and have various sensory properties – all of us certainly know this from our own experience. But it doesn't always have to be a manifestation of dysmicrobia. For example, we can deal with dysmicrobia beautifully, but the flatulence can persist. This is usually because sugars penetrate somewhere where they shouldn't reach.

After all, sugars should not get into the large intestine at all. They begin to be digested by ptyalin as soon as they're in the oral cavity, and then they're digested mainly in the small intestine where they're decomposed and absorbed. As soon as they reach the large intestine by mistake, they stimulate the rapid development of fungi in it, mainly so-called yeast cells which, as the name itself suggests, have fermentation in their job description, and so the manifestations of this fermentation also begin. And be careful, this isn't sugar as you imagine it, i.e. so-called sucrose, but it can also involve lactose, which is lactic sugar, contained in practically all dairy products, and fructose, which is fruit sugar. To break these down, we're supposed to have enzymes in our intestine called lactase, fructase etc., and these are supposed to decompose sugars in such a way that they don't reach the large intestine. Unfortunately, these enzymes often don't work. Sometimes, for example in the case of lactase, this is because milk should be consumed only by children, as nature intended, and should not be drunk by adults who are often missing this enzyme.

At other times these enzymes can be eliminated by dysmicrobia, and then fungi spread through our intestine at an enormous speed. Enormous speed – that means that millions and millions of specimens are produced within seconds. The fungal infection then has a whole range of adverse effects. But fungi don't just consist of yeast cells; they also include fibrous fungi. These are even more problematic. Everyone who picks mushrooms in the forest knows what so-called mycelium is – a breeding ground on which mushroom grow. It is this very mycelium that is then formed in our intestine. These “roots” create holes in the intestinal wall which let through allergens, proteins, undecomposed sugars etc. into the body, and they then have an adverse effect on it. And what's more, the intestine can even contain fungi which can be described using the word “killers”; these are fungi from the *Aspergillus* and *Mucor* families. We know Aspergilli from the Egyptian pyramids as the Pharaoh's Revenge, which affects archaeologists who get inside and don't come out completely alive or healthy. Mucors produce by far the most poisonous mycotoxins, and so it's not exactly good if they propagate in our intestine and produce these substances there - then we're actually our own source of these toxins.

To conclude, we can only agree with a statement by researcher professor Mečnikov who, as far back the year 1925, i.e. ninety years ago, said that the greatest danger to man's health is his digestive tract, that man is his own worst enemy, and that most of these things can be attributed by man to himself.