

## ASTHMA BRONCHIALE

*Hello everyone, we are glad you are watching our series about health problems and their potential solutions using the Joalis products. Today, we will deal with bronchial asthma, a chronic respiratory disease afflicting millions of people round the world. What is the cause of asthma – and can we prevent it? And if you already suffer from asthma, how to deal with it? How to treat it? Joalis detox products are here to help. Doctor Josef Jonáš, our expert in holistic medicine and founder Joalis, will certainly tell you more.*

Statistics show that asthma affects approximately 300,000 people in our ten-million-citizen country. It is thus a large number. Asthma manifests itself by fits of breathlessness that appear as exertional dyspnoea both at rest and during exercise, and it is of course accompanied by deterioration of lungs function whose respiratory capacity decreases, which in turn results in worse oxygenation of the whole organism. Oxygen is essential for proper functioning of all organs, especially the brain. But asthma also means increased strain for the heart, and it is therefore very important to try to get rid of this disease.

At the beginning it should be noted that it is not a lung or bronchial disease in the true sense of the word. Asthma is actually a nervous disease, a disease of the nervous system. The diameter of the bronchi and the work of the entire respiratory system are controlled by the nerve, which is called a vagus (wandering) nerve, in Latin *nervus vagus*. Vagus because from brain it passes through many structures and organs and it winds around the bronchi before it finally reaches the stomach. We may mention it again in our series as this nerve can affect the functioning of numerous organs. It is a nerve of the so called mixed character because it has different functions one of which concerns the autonomic nervous system, i.e. the system that is not governed by our will or other influences and that works autonomously.

This is very important for the asthma disease because its seizures often come without any warning, without any stimulus, and the patient does not know when their asthma sets in again. We obviously encounter various combinations when the asthma is combined with a pulmonary disease or some allergy. The stimuli then causing dyspnoea may be related to allergies, infections or other stimuli.

Toxins that cause this disease obviously do not affect just one nerve. This really is not how our organism works. So we can see toxins "working" on multiple fronts. This results in a complicated disease because toxins are active both in the central nervous system and in the aforementioned autonomous nervous system or in the tissues of the respiratory tract as well as elsewhere.

In this case as always with every health issue I would recommend starting with an intestinal symbiosis. I shall not repeat what medications we should use because we can find it in other parts of our series. But I shall mention again that intestinal symbiosis affects immunity, which is essential for bronchial asthma. And intestinal dysbiosis also affects tissues because bowels release various toxins that subsequently weaken the function of various tissues. Due to penetration of fungi through the intestinal wall, thus damaging the intestinal wall, various allergens may get from the bowels to the organism, and then it heavily depends on what you eat and how active our intestinal microflora is. In short, the function of the respiratory system is again very closely connected with the intestinal condition, which is exactly what has

already been addressed not only by traditional Chinese medicine but also by Ayurveda. Both these ancient medicines paid extra attention to purification of our bowels.

And toxins again play the main role. In this case, I would start with **heavy metals** which may be the major cause of asthma because the metals are highly conductive and cause electrical failures in the nervous system. Individual neurons become electrified and given the fact that each neuron is actually a source of electrical potential such electricity leakages among the neurons lead to higher electrical activity of the entire nervous system. This may be the very moment that induces an asthma attack.

Another toxin which I would like to point out to could be **vaccination**. Vaccination represents a certain type of strain for your body which is closely related to your glial system. The glial system as such is a rather an unknown concept. It includes cells that form a kind of filler of the nervous system. The entire nervous system is composed of cells we know as neurons, and the so-called glial cells. Needless to say, there are more glial cells than neurons. But they are not merely the filler of our nervous system. They also represent a very important system that takes care of the nutrition and cleansing of neurons. Thus, if a failure of the glial system occurs it is often shown as a failure of the electrical activity of our nervous system which is highly important for its operation. Various discharges occur, electrical activity among neurons shows damages, electrical potentials accumulate and neurons become over-electrified which may be another cause of an asthmatic disease. Nerve structures that influence and to a large degree control the function of our airways are irritated.

And finally, the third area that we need to pay attention to includes **neuroinfections**, especially borreliosis, bartonellosis and various viral infections that with their chronic effects cause various disorders of our nervous system.

*Nervus vagus* is not the only affected part. As always, it includes the central nervous system, which means the brain. In our case it is the sleep control part of the forebrain. If this area shows electrical failures then such failures manifest themselves in different ways, e.g. during migraines, epilepsies or various emotional states, fury and wrath, and during asthma because all diseases of spasmodic nature (those accompanied by spasms, i.e. irritations of the nervous system) are related to this sleep controlling part of the brain.

When dealing with asthma we thus need to focus on three aforementioned areas of toxins. Besides the intestinal symbiosis, we shall pay attention to the effects of heavy metals as well as residues of vaccines in our glial system, and to chronic infections of the nervous system.

Just the fact that we will deal with restoration of intestinal symbiosis will improve the function of our immune system and we thus will be able to solve the chronic infections. In our case, I recommend preparations that will cooperate with the management of the immune system through the brain, i.e. through the central nervous system, namely NODEGEN and CRANIUM. This enables other preparations, particularly antimicrobial, to cope with chronic infections.

I would hate if you thought that an affected organism has to contain either the first, the second or the third of these strains. They are usually combined, which makes the disease the more severe the more strains are present. We then need to take into account additional burdens which are referred to in other parts of our series – the microbial load (MIKROTOX), fungal load (MYKOTOX) and others.

Usually, it is necessary to choose a complex and broad detoxification range as asthma affects not only the part of the nervous system which I mentioned. We need to take into account the old and wise traditional Chinese medicine which says that the nervous system is often influenced and controlled from the liver, and the entire respiratory system is affected by the energy of our lungs. It therefore will not be off the point if we pay attention also to these parts of our body. This all will be addressed in some of our next parts as it makes no sense to repeat all detoxification principles over and over again. It is always necessary to study various options of detoxification in the broadest sense since it is a holistic medicine. It is not a question of single isolated organs but of the harmony of the whole organism.

Now I would like to mention a matter which we have not yet addressed. It is the stress. Stress itself causes disharmony of our organism, weakens our immune system, changes the chemical processes in our body and has impact on secretion of various substances that affect functioning of our immune and nervous system. Therefore, the STRESON preparation will always be a welcoming element for any health problem. I cannot imagine a health problem that would not be more or less affected by stress. We also need to take notice of other areas, e.g. emotions because conditions such as anxiety, insecurity, fear and other negative emotions again act on the body in a way it is not able to get rid of toxins (EMOTIONS).

To be brief, a relaxed and not stressed organism in a good emotional state of mind will always be able to solve such problems without our help. But because we are never as lucky to live such a life we need to count with the fact that negative emotions, stress and other psychological negations will cause accumulation of such toxins. Emotional toxins are then passed on from generation to generation so we see them in children that actually could not have yet developed any psychological problems. The transmission from previous generations and obviously also other psychological influences that the children take over from their parents play a major role both in pregnancy as well as after their birth.

With this I only want to draw your attention to the fact that a comprehensive detoxification at each health problem, let alone bronchial asthma, plays a crucial role. I also want to emphasize the importance of stress and emotional burdens in addition to the others, say material toxins, which I have spoken of.