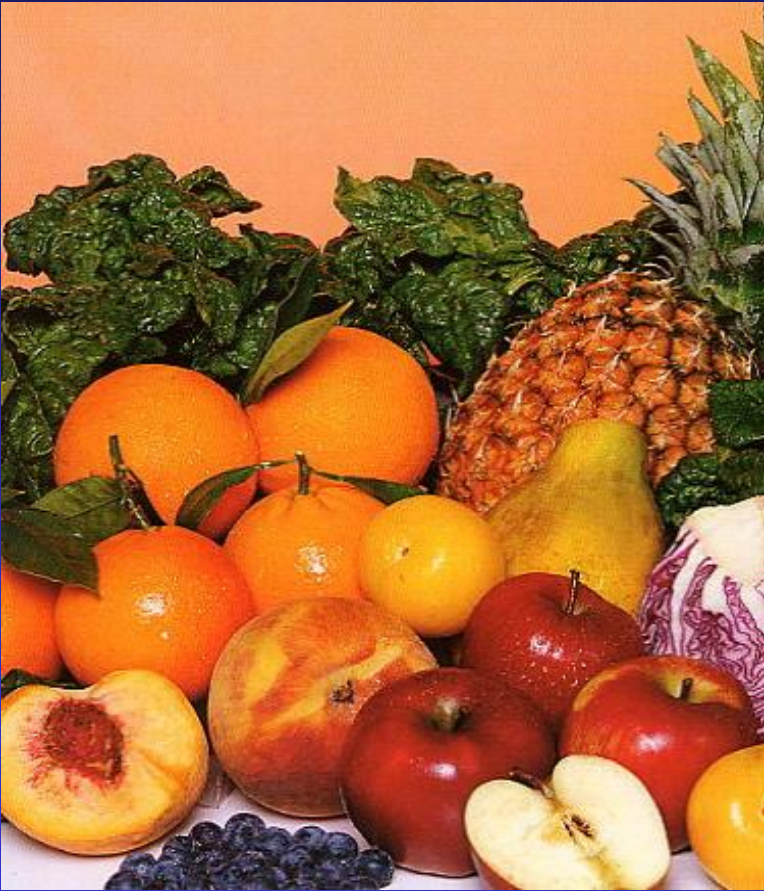


Welcome!



*Natural Balancing of
body and mind*

*How can we help people to feel
better and live a healthier life?*

Why am I so interested in health?

- **Johan Cronstedt**
- *** Fond of biology and mathematics in school**
- *** Mathematics "won"; computer-science in Helsinki University of Technology**
- *** Graduated Master of Science 1990**
- *** Passionated tennisplayer**
- **got "tennisknee" with worn cartlidge 2006**
- **=> health issues much more important**
- **=> today the knees are like new ones and never felt better in my life**
- *** Health studies took a big step forward after uncle's wife got sick with lung cancer, fully recovered after approx 4 months**

Preface

Sources: Books, seminars, internet, measurements, experience

Understanding disease and discovering truths:

- We all find ourselves in situations, where we are looking for answers, that would make life easier or at least more understandable.
- The truth is sometimes hidden. We seek then we find, and discover that the truth was there all the time. Our personal paths are so special and unique.
- During our life we are convinced or blinded by propaganda, with certain interest groups or professionals who just don't know; but there is always someone with the right answers. That is, the right answer will come – unless we 'already know' what the answer is and choose not to listen.
- In many situations we attract and bring disease to ourselves. Consciously or unconsciously we create it – it is unique to us and we own it.
- Disease is a process, that is unique to all of us. It manifests somewhere in our body and spreads from there. The symptoms that we feel when we are ill, is just a cover, that doesn't tell where the problem really is. All the symptoms that we feel are just manifestations of our bodys attempts to rebalance itself.

Understanding health and disease

Health – disease : mind – regulation system:

- Important to understand: bodys regulation system (Hypothalamus – Pituitary gland – Pineal gland) regulates hormones and keeps the body in homeostasis
- Chinese medicine
 - Our body is connected by energy pathways (meridians) that travel near the skin and meet inside the body.
 - The energy that flows in these affect all organs, systems and bodily functions and they can be used to diagnose and treat diseases
 - Meridians can be blocked by sickness, infection, stress, scar tissue, tumours, congestion and toxins. When energy doesn't flow properly, a problem in one organ can have a negative effect on another organ.
- Every cell in the body (~30 – 40 trillion) must be able to communicate efficiently with other cells

Understanding health and disease

Health – disease cellular level:

- Also important to understand how the cells function
- Healthy cell is flexible, breaths in and out, uses efficiently nutrition
 - Uses oxygen to burn glucose to energy
 - Lots of efficient energy making mitochondria
 - Genes that control the cell are intact and working
 - Cells receptors are clean, working and enable communication both inside the cell and outside of the cell
 - Chromosomes telomeres are long enough => enables a healthy dividing
 - Cells antioxidant defence works (free radicals)
 - Voltage between cells nucleus and membrane must be big enough
 - Doesn't contain viruses, bacteria, heavy metals, toxins

Understanding health and disease

Health – disease: Holistic approach

- To achieve optimal health you should:
 - Optimize cellular function
 - Optimize communication between cells, neurotransmitters, meridians
 - Balance regulationsystem of the body
- Fortunately nature contains 'wonders' that help cells, in their communication, help functioning of neurotransmitters, meridians and the regulationsystem:
 - Certain oils, plants, fruits, berries, vegetables necessary for cell functioning
 - Plant kingdoms Terpene-molecules affect cellular reseptors and functioning (Hemiterpenes, Monoterpenes, Sesquiterpenes)
 - Essential oils affect the regulationsystem and the merdians

Health care reality, challenges

Challenges

- Health care usually based on microbe theory (Louis Pasteur)
 - Lack of deep understanding of disease, symptoms being treated, not root causes
 - Side effects of drugs – drug addiction
 - Lack of understanding that the body does everything to rebalance itself

Increase understanding

- Disease is a process
 - Find the root cause and realise how the process has advanced
- Balance your bodys terrain
 - Stress management – really important!
 - Cleansing – detox
 - pH alkaline - mineralbuffer, antioxidant defense optimised
 - Strengthen and balance immunity, hormonal balance into good shape
 - Drug addiction -> nutrition dense food
 - Optimise bodys regulation system

Health and avoiding biggest pitfalls

Biggest problems according to measurements and statistics:

- Lack of oxygen
- Inflammation in intestines
- Immunity problems
- Dysfunctional cells – tumours - cancer
- Cardiovascular disease
- Stroke
- Respiratory inflammations
- Diabetes
- Alzheimer and dementia
- Tuberculosis
- Liver cirrhosis

Problems with oxygen supply

Measurements: probably the biggest problem: lack of oxygen

- Oxygen flow
 - Air O₂ -> lungs -> blood -> cell -> Mitochondrion -> ATP + CO₂ -> blood -> lungs -> air
- Problems with oxygen intake
 - Too little oxygen around
 - Wrong breathing technique
 - Lowered lung capacity (inflammation,..)
 - Inflamed intestines => disturbance in iron transferproteins (DMT1 -> enterocyte -> ferroportin -> blood -> transferrin -> bonemarrow) => iron shortage in hemoglobin
 - Blood circulation problems
 - Red blood cells stick to each other and make clots
 - Inflamed bloodvessels, immunityproblems, shortage of Omega-3 -6 fattyacids
 - Lack of Nitric Oxide

Intestines inflammation

According to measurements a big problem: intestines inflammation

Problems in the intestines:

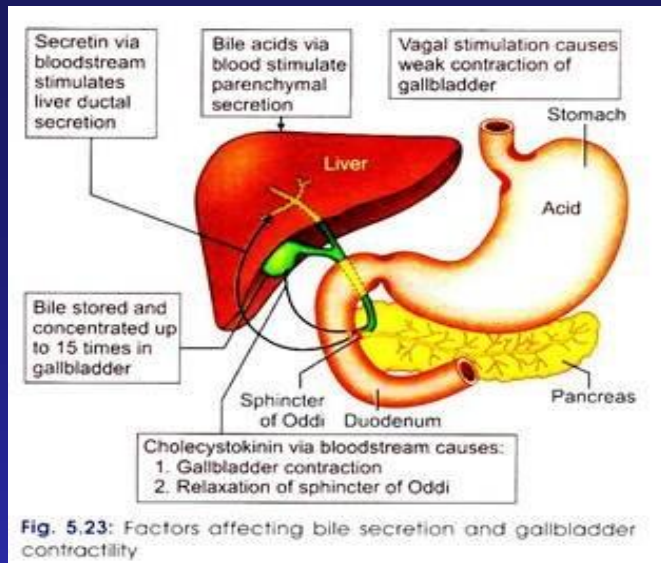
- Disturbed pH of the digestion system
 - If also lowered immunity => case even worse
 - Eaten food will not be properly absorbed
 - 'Bad' bacteria, fungus develop in the intestines (Candida, mycotoxins)
 - Possible parasite infection might become serious
- Antibiotics, cortisone destroy 'good' probiotics in the intestines
 - 'bad' bacteria might start to dominate and become aggressive
- Toxins, free radicals cause disease in the intestines
 - e.g. cancer
- Inflammation resulting from these might cause problems in absorption (iron), abnormal cell growth, leaking gut (increased intestinal permeability)..

Immunity

Immunity:

- Develops during childhood
- Complicated, when disturbed => serious problems
- Cause problems:
 - toxins, heavy metals, acids
 - viruses, bacteria, yeast, mold, parasites
 - decreased pH, leaking intestines (e.g. yeast, wheat gluten gliadin, alcohol induced acetaldehyde)
 - Paralysis of bodys regulation system
- Possible scenarios of processes of disease:
 - Lack of oxygen -> cells become anaerobic -> lactic acid produced to blood -> bloods pH drops + immunity disturbed (might attack own cells) like joints, pancreas, thyroid
 - Acidification of the body -> drop of intestines pH -> bad bacteria, yeast, inflammation -> leaking intestines -> wrong proteins into the blood -> immunity identifies -> autoimmune disease
 - Toxins deposited into the cells -> Immunity disturbed, focuses on problematic cells -> other missions suffer -> more virus, bacteria infections

Liver - Pathogenes



- Produces bile that processes fats and protects pancreas
- Glucose, glycogen storage
- Vitamine, mineral storage
- Neutralizes toxins
- Screens and filters blood
- Own strong immune system

- Strong white blood cells guard the liver
 - Heavymetals, pesticides, residue from viruses, bacteria disturbe => EBV + Herpes, Streptococcus, MRSA can develop and strengthen in the liver
- Liver = garden of eden for viruses
 - Milk products waste, eggs proteins and fats, heavymetals, solvents, pesticides, antibiotics, chemicals disturb the immune system and make the environment suitable for viruses
- EBV
 - 60 different strains
 - Can cause autoimmune diseases (thyroid, ...)
 - Can cause liver cancer + metastasis in pancreas, lungs
- Certain fruits, vegetables, herbs boost immunity and are harmful for viruses (apples, blueberries, cat's claw, ginger, oregano, clove...)

Cancerous cells

Cancerous cells = cells without control, i.e. tumour, cancer

Can produce colonies of their own in the body, common properties:

- Anaerobic metabolism, thrive in an acidic oxygen deprived environment (Otto Warburg proved)
- Use sugar or/and glutamine as nutrition
 - 1) Sugar basic nutrition: glycolysis – fermentation: ATP + lactic acid (Warburg-effect). Quickly growing tumours: 200-time faster glycolysis speed (although lots of oxygen available)

Cause of Warburg effect (glycolysis + fermentation):

- acidification + lack of oxygen -> cells adapt to oxygen deprived environment
- Mitochondrial damage in cell, cancer genes shut down function of the mitochondria

Cells primarily use glycolysis for dividing

- In Warburg effect cells activate enzymes, that initiate a powerful glycolysis, although lots of oxygen would be available. Rapidly dividing cells produce tumour M2-PK enzyme -> cells able to use glucose at accelerating speed -> even faster dividing -> more cells using glycolysis...
- 2) Alternative 2: Glutamine -> glutamate -> glutathione + alanine, serine, glycine + alpha ketoglutarate (e.g. braintumours, breastcancer, lymphcells B-cells might use)
 - Lack of sugar -> alpha-ketoglutarate -> citric acid circle -> energy (oxidative phosphorylation) + cells able to use sugar more efficiently in glycolysis
 - Glutamine: cell can grow, divide, become immortal, send metastases

Cancerous cells

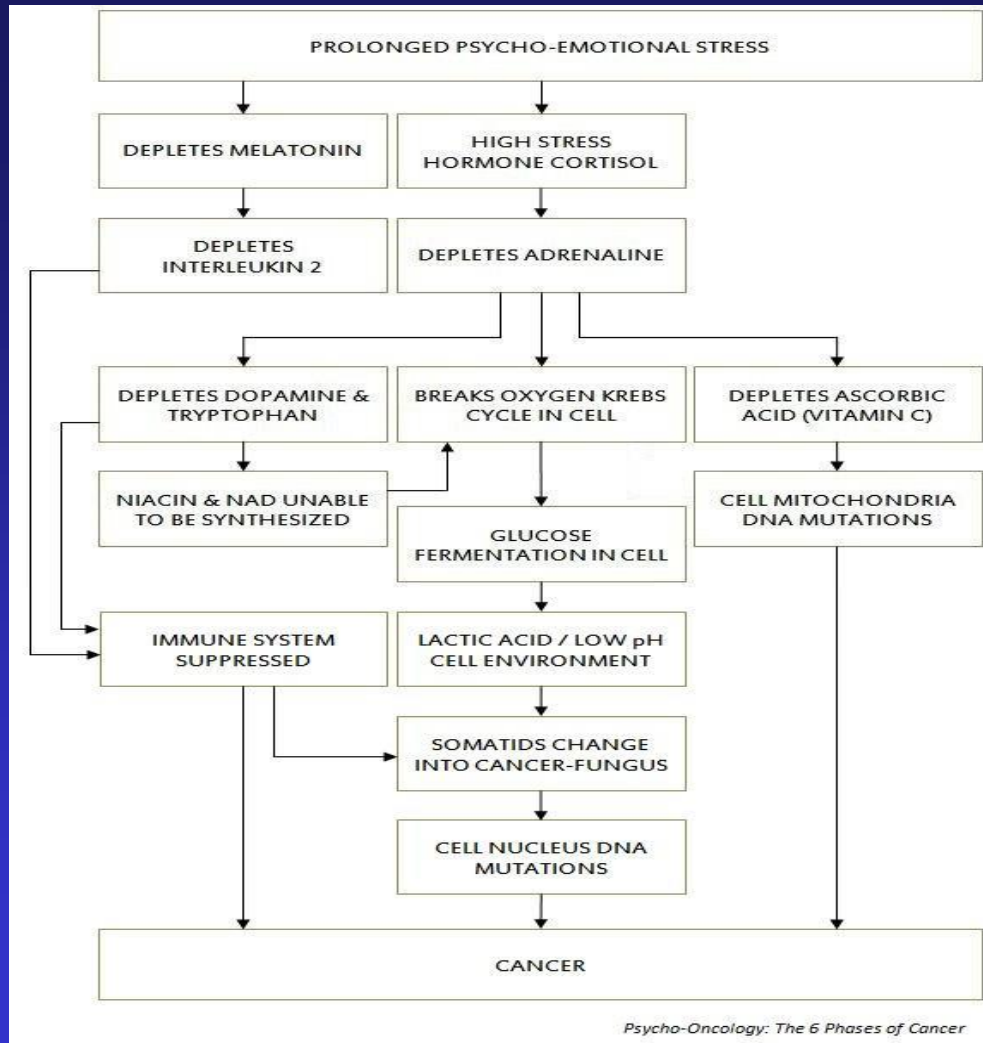
More properties of Cancerous cells:

- Cells have much more insulin receptors, also more defective mitochondria
- Cells can't use ketone bodies as nutrition
- Cell receptors and cell membrane disturbed, disrupts communication and dividing
 - Johanna Budwig used this knowledge to cure cancer patients
- Can build a shield from animal protein as protection from body's immunity
- Key genes don't work (e.g. apoptosis)
- Toxins + big amounts of animal protein change enzymes to destroy DNA (China Study)
- Regulation system doesn't 'control' these
- Build new blood vessels to get nutrition (Angiogenesis)
- Some cells able to induce autophagocytosis
 - cell creates energy by 'feeding' on other cells' structures
- single 'sick' cells in all adults, immunity keeps control and balance

Cancerous cells

- Possible causes + things that worsen the situation:
 - Lack of oxygen, acidification of the body
 - Toxins, heavymetals disrupt metabolism of the cells (+animal proteins => even bigger risk)
 - Viruses, bacteria, yeast, fungus, mold, parasites cause cellular damage
 - Drugs, cigarettes
 - Nutrient deficient food makes things even worse
 - Things that 'paralyze' bodys regulation system, e.g. stress
 - Lack of angiogenetic inhibitors (certain berries, vegetables, plants..)
 - Weakening of immunity

Stress – diseases - cancer



1. Psycho emotional stress => cortisol, amnesia => lack of melatonin, interleukin => immune system compromised => disease
2. Stress depletes adrenaline (necessary for mitochondrial energy production) => lack of energy => cell forced to fermentation => lactic acid => (cancer cell property) => pH lowers => disease
3. Dopamine -> noradrenaline -> adrenaline => lack of dopamine => depression => regulation system creates tryptophan -> serotonin (fight depression) => lack of tryptophan (necessary for mitochondrial energy production) => lack of energy => disease (+ cancer)
4. Ascorbic acid (vitamin C) + dopamine -> adrenaline => lack of ascorbic acid => oxidative stress => disease
5. Psycho-emotional conflict => lack of hope, subconscious death wish => regulation system stops sending energy to organs and immunity => disease

Optimized health concept for body and mind

A holistic solution

- Positive attitude in life, find a way to remove possible negative feelings, hatred, sorrow that feed disease - Meditation, Yoga, Frankincense oil
- Take care of getting enough oxygen, exercise regularly
- Sugar away from diet, minimize meat, grain, dairy products.
- Alkalize: spirulina, chlorella, baking soda, good natural salts
- Support the liver with good nutrition (e.g. turmeric, moringa, milk thistle) and morning detoxification (no fats in the morning)
- Support the adrenals with good nutrition, e.g. green foods and juices
- Strengthen the immunity, e.g. Frankincense, black cumin oil, spirulina, chlorella, vegetables, vitamin-D
- Support your cell membranes with good Omega3 oils (e.g. flaxseed, hemp oil)

Optimized health concept for body and mind

To combat cancerous cells

- Amount of cancerous cells depends on the balance between state of cells and immunity
- All things from previous slide
- Remove stressful things from life => less stresshormones => more melatonin => better sleeping
- Sugar + insulin spikes feed cancercells => sugar away from diet
- Getting the body into a ketonic state starves cancer cells
- Don't eat: dairy products, grain, soy, yeast
- Avoid chloride (accumulates in breast tissue), fluor (bad influence on brain, destroys thyroid)
- Avoid animal proteins + eat lots of vegetables (Angiogenetic inhibitors)

Optimized health concept for body and mind

To combat cancerous cells continues

- Use Frankincense, Myrrh, Clove, Turmeric oils to recover cells. These and Frankincense resin have a positive effect on cells receptors, genes, oxygen supply, immunity and the bodys regulationsystem
- Fruits, vegetables, berries lower amount of DNA-damage + stop angiogenesis e.g.: blueberry, raspberry, blackberry, artichoke, orange, apple, pineapple, kale, parsley, tomato, garlic
- Flaxseedoil (1 tbls) + organic lowfat cottage cheese 2 tbls mixture 4 - 8 times/day: sulfur-protein=> oil water soluble => reaches cellmembrane to restore voltage difference between membrane and cell nucleus, when healthy cell division succeeds.
- Turmeric components (also curcumin) resist inflammation, angiogenesis, dividing of tumour cells, transformation of normal cells to cancer cells
- Black cumin oil strengtens immunity and can stop cancer cells autofagosytosis process

Optimized health concept for body and mind

To combat cancerous cells continues

- Cancer cells can 'transform' to use glutamine as energy source and become very aggressive (e.g. Brain tumours, breast cancer, B-cells) => Minimize protein, because source of glutamine
- Combination: Ursolic acid (apple peels, cranberry, plums, basilica, Oregano), Resveratrol (grapes, cranberry, bilberry), curcumin stop cells from using Glutamine as energy source => cells might transfer to normal cells. Study: prostate cancer cured

Results very good for people who used this concept

- If seriously ill (e.g. cancer), then very important to follow the whole concept

Questions

Lots of information in a very dense package...

- Might be difficult to keep up with everything
- If anyone interested in more information, I'm happy to answer questions also later