With Dr Josef Jonas: About the Health

Episode 20:

HAEMATOPOIESIS (BLOOD FORMATION)

Blood, the rarest fluid that we need and without which we cannot live, that circulates in our vascular system and has hundreds and hundreds of functions. An important part of the blood is the so-called blood elements, namely red blood cells, white blood cells and blood platelets. They swim in blood plasma, which also has many functions.

The most common blood disorder is the so-called anaemia. It can have many causes, but the most common cause of anaemia is iron deficiency. Iron is an essential element for red blood cell production, mainly for creation of haemoglobin, a red blood pigment that carries oxygen. It usually is treated by receiving medicine to bring iron back to the body, or we get injections or look for a natural source of iron. The most popular was the medicinal iron wine, which even my grandmother who had suffered from anaemia drank every day which I envied. By the way, it is still available today. But there are also various other prescriptions as well as herbs that contain more iron. I even remember a very original recommendation when the iron nails were stuck in an apple and left there for one or two weeks, then taken out and the patient was supposed to eat the apple. The assumption was that iron would bind with acids in the apple and this was to have curative effects. Nevertheless, iron nails are hardly available today. But we could still name a whole range of similarly popular iron-related prescriptions and recommendations to supplement iron. But there is one problem for everyone. First of all we need to say that there is enough iron in our food.

Red meat contains the largest amount of iron of all foods, and we have never eaten that much of red meat in our history as we do now. Estimates show the annual consumption of red meat in Europe is roughly 60-70 kilograms and around 100 kilograms in the United States where the steak culture still flourishes more than in our regions. And yet, sideropenic anaemia, i.e. iron deficiency, occurs very often. This is because the iron must be absorbed from food. But the absorption of mineral elements does not happen if the intestine is some sort of a sieve that lets the iron flow through to our body, but we are happy because we consume iron in our food. It is not that simple because these substances pass through the intestinal wall bound to special proteins, and it is a very complex process to get the elements from food, from the intestine into the blood and to the respective organs. It is not only very complicated but also subject to frequent malfunctions. The most common cause of anaemia

due to iron deficiency is the iron absorption disorder. This absorption occurs in the small intestine and the various inflammations and dysmicrobia I often talk about, cause this disorder. The intestinal mucosa is an extremely complex and important organ that must be perfectly well in order for our bodies to get vitamins, trace elements, minerals and everything the organism needs. And that, I have to say, works well with only very little number of people.

That is why all medical trends that emerged in the mid-1950s were based on consumption of vitamins and various dietary supplements. The logic was that if there is a disorder in absorption of these substances, and I exceed the amount of vitamins or minerals by manifold, hundredfold or even thousandfold, a certain percentage will eventually be absorbed and will get to the body carrying everything it needs, the organism will get better and recover. This has resulted in a legend that our food lacks the proper amounts of such substances. Although our diet is rich as never in our history, namely in terms of meat, dairy products or vegetables that we have all year round we still suffer from various deficiencies of calcium, magnesium, iron, etc. And it is due to the miserable state of our guts and our digestive tract, which, of course, plays its role in the second cause of anaemia, i.e. the B12 vitamin deficiency.

Vitamin B12 is absolutely essential for haematopoiesis and for the proper functions of the nervous system. If we are a little crazy due to the lack of vitamin B12, nobody notices anything but when we suffer from low level of red blood cells, it is very easy to find out. Vitamin B12 also cannot be absorbed as such but needs another substance, an internal factor that is produced in the stomach. Only when vitamin B12 binds with this substance, it becomes absorbable into the organism, which again might not work well. And even if the daily need for vitamin B12 is very low (it is stated in micrograms, which is a tiny amount), these vitamins are administered in a hundredfold amount to ensure at least some small amounts are absorbed. We cannot influence the formation of this internal factor and therefore we cannot cure the cause of this type of anaemia. Namely in the United States, people take huge amounts of vitamin B12, much higher than the recommended daily dose. These doses are restricted in Europe, though. But even if people eat these elements and vitamins in a quantity that exceeding the real need manifold, it is not enough because our digestive tract is not alright. And people then suffer from poor absorption of vitamin B12 or iron, which is related to anaemia.

The first thing we should do is to take care of our intestinal environment and the functioning of the intestinal mucosa. This is a very difficult matter. Recently, when I talked to my colleague, a co-author of my book series who also prepared a book on the intestines, I reproach him for considering the intestine a sort of a mechanical tube. That is however not true. The intestine is a very complicated organ whose functions are complex and they simply cannot be improved just by curing the guts only. Most of these troubles and problems originate from our nervous system, in our brain. And since our brain more and more suffers from stress and emotional problems, and its functionality is obviously affected also by toxins that exist around us and in us, this all is reflected in certain health problems. It is an issue for psychosomatic medicine that deals with the connection between the central nervous system and certain organs in the body. This is also the case of both above mentioned types of anaemia, i.e. iron deficiency related anaemia and vitamin B12 deficiency anaemia.

However, bone marrow plays a very important role in the production of both red blood cells and other elements. A bone is not good just to make broth of, but it is an organ that has

many functions. And when mentioning a bone broth: we all know a marrow bone and a marrow that is inside hollow bones. Marrow in humans is an extremely important organ. Blood elements, such as white and red blood cells and blood platelets, are produced in the marrow. Thus, it is a hematopoietic organ. And as such it is very sensitive to toxins. This sensitivity or rather susceptibility can be demonstrated with the following example. When a person experiences radioactive irradiation, perhaps during some nuclear device accident, or when they are in some other way exposed to radiation, the most sensitive organ is the bone marrow, and the first problems that appear include bone marrow depression and impairment of its function. It is the organ that is most sensitive to toxins and to the effects of the external environment at all.

Bone marrow plays a bigger role in our lives than we might think. There is a so-called natural radiation background emitted by the Earth and by the radioactive rocks and mineral resources in it. Especially the Czech Republic has a large stock of radioactive raw materials, and therefore the radiation from the natural background is very strong in our country and affects a large part of our country. It is difficult to say whether this circumstance plays a role in the increased incidence of cancer and other chronic diseases associated with irradiation since this problem also occurs in regions that are relatively clean but have strong radioactive radiation from a natural background. All kinds of leukaemia, which is a malformation of white blood cells, are also on the rise, and younger people suffer more and more often than ever before. This is also because the toxic burden of the bone marrow, in this case caused by carcinogenic substances, is steadily growing.

In principle, carcinogenic substances can be divided into external that is those around us, including radioactive radiation, and internal ones that we have already spoken of - special products originating from intestinal dysmicrobia where a whole series of cancerous substances are created due to combination with a particular diet. These substances, both external and internal, can cause a disruption of haematopoiesis by settling in the bone marrow causing there toxic effects and changing its function. We can hardly resist or avoid the external toxins. After all, we can see how difficult it is to improve air pollution or change the presence of certain substances in the air. We as individuals can hardly avoid it, but we can definitely avoid development of internal toxins that affect haematopoiesis as well as the central nervous system provided we are aware of this problem, follow certain dietary recommendations and solve stress situations in a specific way. But most of all, we must not think what most people think, that when they are experiencing some stress or something wrong, that they can get over it, that the stress disappears and all toxins somehow evaporate from their body. No. All these stresses and emotions are constantly deposited in layers in the body. Cellular memory will never get rid of the load of stress, not only in a single lifetime. Our stresses and emotions are passed on to other generations and thus we have got a much greater responsibility than we actually imagine.

Hematopoietic defects show that we are wrong in many things we do. These are things that we alone can influence by our way of life and our brain.

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http://asociace-tdp.cz/

www.kinosvet.tv