

Editorial

Eating Food that Flushes the Lymph System is Essential for Preventing Cancer, Alzheimer and Autoimmune Diseases

Maria Kuman^{1*}

¹Holistic Research Institute, Knoxville, TN 37923, USA

*Correspondence author: Maria Kuman, PhD, Holistic Research Institute, Knoxville, TN 37923, USA; Email: holisticcare@mariakuman.com

Citation: Kuman M. Eating Food that Flushes the Lymph System is Essential for Preventing Cancer, Alzheimer and Autoimmune Diseases. J Clin Immunol Microbiol. 2024;5(3):1-2.

<http://dx.doi.org/10.46889/JCIM.2024.5306>

Received Date: 15-10-2024

Accepted Date: 10-11-2024

Published Date: 17-11-2024



Copyright: © 2024 by the authors. Submitted for possible open access publication under the terms and conditions of the Creative Commons Attribution (CCBY) license (<https://creativecommons.org/licenses/by/4.0/>).

Editorial

In my article, I underlined that to be healthy we need to periodically: 1) Flush the lymph system (which fills the space between the cells) with a combination of turmeric, ginger and garlic; and 2) Flush also the parasites out of the body because their exhaust is dumped into the lymph system. Periodic flushing of the lymph system (and the parasites) will prevent [1].

Cancer: When the lymph liquid between the cells becomes too thick, crystals are formed (Russian studies), which disconnects the cells and they start to multiply fast (like they do in a cut wound to heal the wound fast) [2]. However, while the new cells in a cut wound are ruled by the current of regrowth where to go, in the case of cancer they multiply senselessly, which we call malignancy or cancer.

Alzheimer Disease: When the lymph liquid between the brain cells becomes too thick, amyloid plaques are formed, which makes impossible the communication of the neurons and leads to impossibility to memorize (called Alzheimer disease) [3].

Autoimmune diseases (whose number already reached 80) are caused by the parasites in the body, which turn the immune system against itself not to bother them. Usually, young bodies have strong immune system, which keeps the parasites under control, but with aging the immune system becomes weaker and the parasites turn the immune system against itself not to bother them [4].

This article reveals (based on ancient Indian wisdom), which food flushes the lymph system (mucous secretion up) and which food increases blood circulation [5]. Consuming this food would prevent cancer, Alzheimer disease and autoimmune diseases.

Keywords: Lymph System; Autoimmune Diseases; Alzheimer Disease

The first column is the food that stimulate the secretion of mucous and flushes the lymph system. The second column is the food that stimulate the secretion of mucous, but lowers the blood circulation. The third column is the food that lower the secretion of mucous from the lymph system, but increases the blood circulation. Dr. Amen, who has a clinic for people with memory problems, found that avocados improve memory [6].

Why do avocados improve memory? Column 1 lists avocados as food that stimulates the secretion of mucous from the lymph system. If so, avocados improve memory because by stimulating the secretion of mucous, they flush the lymph system, which fill the space between the cells. This prevents the formation of amyloid plaques in the space between the brain cells, which make the communication of the neurons impossible and therefore make memorizing impossible. That is why consuming avocados

improve memory and prevent Alzheimer disease.

Dr. Amen also found that chocolate and walnuts improve memory [6]. The reason why chocolate and walnuts improve memory is totally different. Chocolate and walnuts are in column 3 (food that improves the blood circulation). Thus, chocolate and walnuts improve memory by improving the blood circulation. Active brain consumes 40% of the oxygen that the blood carry. By improving the blood circulation, the chocolate and walnuts improve the oxygen supply to the brain, which nourishes the brain energetically. In the same way, honey improves memory because European studies found that honey dilates the blood vessels and improves the blood circulation.

Column 1 listed turnips as food that flushes the mucous from the lymph system. Indeed, consumption of turnips (and also beets, which improve the blood circulation) are known to flush the liver and the kidneys [7]. Also, apple cider is known to delay the formation of cataract, but it is not known how this is done. As said in my article, vision is related to the liver (according to both: ancient Chinese text on acupuncture and contemporary studies, which revealed that [8,9]:

1. The liver produces the enzyme, which splits the molecule of beta-carotene into two molecules of Vitamin A
2. The liver produces the retinol, which nourishes the retina of our eyes

This means that the apple cider delays the formation of eye cataract by flushing the lymph system of the liver, which supply our eye-vision molecules.

According to ancient Chinese text on acupuncture, while the vision is related to the liver, the hearing is related to the kidneys [9]. My father had kidney deficiency and he had a hearing problem. This means that if somebody has a hearing problem, we should be looking for the kidney problem that caused it. The food listed in column 1, which flushes the lymph system, is supposed to flush the kidneys' lymph system and improve the hearing.

And last, but not the least, Endive (Tzicorium) is known to increase the blood circulation and improve the joint lubrication. This is done through flushing the lymph system. If so, tee of endive could be used to flush the lymph system of the body and prevent cancer, Alzheimer disease and autoimmune diseases.

Conflict of Interest

The author declares no conflicts of interest.

References

1. Kuman M. Non-trivial approach to insomnia, cancer and autoimmune diseases. *J Clin Immunol Microbiol.* 2024;5(4):1-3.
2. Maslov L, Michailova I. Informational medicine-the medicine of the future. 2016.
3. Kuman M. Alzheimer early detection and possible influence by prayer. *Global J Medical Res.* 2024.
4. Kuman M. Novel approach to autoimmune diseases. *J Clin Immunol Microbiol.* 2024;5(3):1-3.
5. Johari J. Dhanvantari. Rupa Co., Delhi, Calcutta. Bombay. 1992.
6. Amen D. Memory Rescue. 2007.
7. Kuman M. Delicious herbal and folk remedies. Health and Happiness Books, 1997.
8. Kuman M. Our hearing, vision and memory problems are related to our negative emotions. *Global J Medical Res.* 2024;24(1):1-4.
9. Veith Huang Ti Nei Ching Su Wen, London. 1971.

Journal of Clinical Immunology & Microbiology



Publish your work in this journal

Journal of Clinical Immunology & Microbiology is an international, peer-reviewed, open access journal publishing original research, reports, editorials, reviews and commentaries. All aspects of immunology or microbiology research, health maintenance, preventative measures and disease treatment interventions are addressed within the journal. Immunologist or Microbiologist and other researchers are invited to submit their work in the journal. The manuscript submission system is online and journal follows a fair peer-review practices.

Submit your manuscript here: <https://athenaeumpub.com/submit-manuscript/>