

Editorial

Novel Approach to 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: holisticare@mariakuman.com

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Editorial

The name autoimmune diseases means that the immune system is turned against itself. This cannot happen by itself. There should be a factor that turned the immune system against itself not to be bothered and this factor are the parasites in the body. How these small creatures can be so smart? All parasites in the body have one collective mind [1]. Proof of this is the following fact: the parasite pancreatic fluke (which lives on the pancreas) disable the pancreas. The pancreas cannot produce insulin, the blood sugar increases and this benefits the fungus (living in the intestines) that lives on sugar [1].

Thus, since the parasites in the body have collective mind, they are smart enough to turn the immune system of the body against itself, so that it wouldn't bother them. This is known as autoimmune diseases. Presently, 80 different autoimmune diseases are known. I will list only 10 of them (the most popular ones): celiac, type 1 and 2 diabetes, Crohn's disease, colitis, multiple sclerosis, alopecia, Addison disease, psoriasis, rheumatoid arthritis, lupus, etc. The symptoms are: chronic fatigue, muscle aches, joint pain, skin rashes, dry mouth, dry eyes, weight loss, etc. About 80% of the people suffering autoimmune diseases are women, obviously their hormonal balance is more incline to developing autoimmune disorder [2].

Look at the symptoms: dry mouth (because the saliva is too thick and slimy), dry eyes (because the liquid that makes the eyes moist is too thick and slimy), joint pain and muscle aches (because the liquid that is supposed to lubricates them is too thick and slimy) [2]. This manifests itself as a chronic fatigue of the whole body. Now, the way we test if we have parasites is: we

spit in water and if our saliva does not dissipate because it is thick and slimy, we have parasites [3]. It seems that all parasites dump their exhausts into the lymph system, which fills the space between the cells, called extracellular space. When the parasites are many, their exhaust makes the lymph stick and slimy, which (by making the extracellular space stick and slimy) makes the whole tissue stiff and difficult to move.

From here comes: the dry mouth, the dry eyes, joint pain, muscle aches and the chronic fatigue as a whole. Unfortunately, our science chose to study only the cells and completely ignore the extracellular space. Our science has chosen to study only the blood, which is pumped by the heart and completely ignore the lymph system, which moves only when we exercise. And all autoimmune diseases seem to be related to the lymph system, whose liquid becomes thick and slimy when parasites are present, because they obviously dump their exhaust into the lymph system.

If so, the way to deal with the autoimmune diseases is to flush the lymph system with a combination of: 1/ turmeric and ginger mixed with honey taken one teaspoon three times a day and 2/ garlic - three to four chopped good-size cloves of garlic taken with yogurt before to go to sleep. This combination will make much of the slimy saliva to be spitted away and with time the spitted saliva will become more and more liquid. After two weeks of taking the turmeric, ginger and garlic combination, you need to stop taking it for two weeks, but you will continue to spit slimy saliva, which with time becomes more and more liquid. You may need to start taking the combination turmeric, ginger and garlic again, if necessary, until the saliva is completely liquid.

After cleansing the lymph system clogged by the parasite's exhaust, you need to get rid of the parasites themselves that clogged the lymph system. How to do this is described in the last chapter "Flushing the Body Clean" of my book: "Delicious Herbal and Folk Remedies" [3]. In it, I am describing why we need periodic cleansing. In the way, we change regularly the air filter in our cars and the filter of the air-conditioning system in the house, we should flush our body clean from all toxins and parasites every year or every other year. If you do this regularly, I guarantee you will never develop autoimmune disease and if you have one you will get rid of it.

The oldest man that lived on Earth was a Chinese, who lived to be 256 years old. The Chinese government awarded him three times with certificates for the longest living man on Earth at age 150, age 200 and age 250. When they ask him how he would explain his longevity – his answer was simple – inner peace and periodic cleansing [3].

Conflict of Interest

The author declares no conflicts of interest.

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