



Publishing House Peter Jentschura



Guide to
**Long Lasting Health
and Beauty**

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Nature created humans as perfect beings. With our ability to constantly regenerate, we could live to be 120 years old or even older. But even more interesting than being able to reach a theoretical age is the practical way to getting there. The question is:

How do I stay beautiful and healthy?

This is much easier, than many people know or believe. Basically, the desire we all have of beauty and health is possible, simply by observing the three commandments that Dr. h. c. Peter Jentschura formulated in his bestsellers "Health by Purification" and "zivilisatoselos – living without the diseases of modern civilisation." These three commandments of beauty and health are:

- 1. Avoid all harmful things!
- 2. Eat, drink and do beneficial things!
- 3. Eliminate all harmful things!

As human beings we are subject to the laws of nature. Over millions of years we have developed in line with nature and adjusted to it accordingly. Living nature has supplied us

with an abundance of nutrients that we need for our health. There are only a few harmful things, and the small amounts that entered the body, could be easily eliminated. We couldn't not live by the three commandments of beauty and health.

Beauty and health are alkaline!

Our blood is the pivot of our metabolism. One of its most important functions is to connect the almost hundred billions of cells in our body to make up a meaningful whole. The blood permanently supplies all cells with oxygen and nutrients. With the help of our blood, our whole organism has to be continually cleansed of carbonic and uric acid and from other, mostly acidic end products of metabolism.

Only within the very narrow alkaline pH-range of 7.35 to 7.45 is the blood able to flow effectively, to nourish the billions of cells, to keep the organism cleansed and to help fulfill all its other vital functions.

Finally, a stronger drop in the pH-value of the blood leads to vein occlusion, with heart attack and stroke as the possible consequences. It is therefore one of the highest principles of our metabolism to keep the pH-value of the blood as stable as possible under any circumstances.

However, a balanced acid-alkaline-equilibrium is not only the basis for the functionality of the blood but for all metabolic processes and functions in the body, because, for example, hormones, enzymes and our

immune system cannot function in an overly acidic environment.

What impairs our beauty and health?

Unfortunately, due to modern technology and alleged progress we have drastically distanced ourselves from nature within just a few decades. Our initially alkaline-generating eating habits and lifestyles have reversed to become acid-inflated. Excessive amounts of acids and toxins are accumulated, because nowadays we consume, for example, too much animal protein, too many processed fats, too many additive-enriched ready-to-eat products, too much salt and sugar, too many white flour products etc. In addition, compared to the past, we take much less exercise or we do extreme sports. Both of these overacidify our organism. Many people suffer from constant job-related and private stress. Environmental pollution is also on the increase. The summary on page 3 shows some typical acid-inflated, nutrient-destroying foodstuff, stimulants as well as energy-consuming lifestyle habits.

Alkaline-balancing nutrients in the form of natural, energy-rich minerals, vitamins, secondary plant compounds, fibres, plant-derived enzymes etc. are barely even contained in processed, concentrated foods, and are instead replaced by horrendous amounts of "empty" calories.

In the long-term, our buffer systems¹ and elimination organs are overstrained with the flood of acids and toxins. Over millions of years, our organisms have developed different buffer systems, e.g. in order to maintain the vitally important alkaline pH-value of the blood. Additionally, our organisms have different elimination organs such as kidneys, intestines and lungs, the skin and the mucous membranes, which are able to eliminate acids and toxins to a certain degree.² But often, the available capacities are not capable of coping with today's level of burden, so that harmful acidic substances accumulate in the body.

¹ Buffers ensure that the pH-value of a certain body fluid remains constant.
² Also the liver as an important detoxification organ plays an important role in the acid-alkaline-regulation.

Acids are a burden on our health!

- a. Acids, which definitely require elimination are a particular burden for our organism. As our metabolism is unable to remove them, they are a burden for the acid-alkaline-regulation and the elimination organs to a high degree.

Sulphuric acid	→ meat and meat products, cheese, curd, eggs
Uric acid	→ meat and meat products
Nitric acid	→ cured meat and meat products
Phosphoric acid	→ soft and energy drinks, soft cheese, fish, eggs
Acetylsalicylic acid	→ pain relievers*
Formic acid	→ sweeteners

* An excessive use of pain relievers is often the cause of renal insufficiencies and kidney damage.

- b. Although our organism is able to remove the acids, which do not necessarily require elimination, however, its capacity for such removal processes is limited. Particularly the large amounts of these acids are a burden for our acid-alkaline-balance.

Acetic acid	→ vinegar, white flour, sugar, confectionery
Carbonic acid	→ soft drinks, shallow breathing, lack of exercise
Carbonic-, lactic, acetic and uric acid	→ excessive sports
Lactic, uric and hydrochloric acid	→ stress
Hydrochloric acid	→ table salt, savoury snacks, ready-made meals

Toxins are a burden on our health!

- Nicotine and alcohol
- Additives in foodstuffs, semiluxury food and body care products
- Medicines, anaesthetics, vaccinations
- Toxins in dentures
- Dishwashing detergents, laundry detergents, fabric softeners
- Chemicals in textiles, furniture, floor coverings
- Chemicals at the workplace
- Environmental toxins such as insecticides, herbicides, pesticides, exhaust emissions etc.

The vicious cycle of over-acidification

In the case of increasing over-acidification of the blood, the red blood cells will become thicker and clotted, producing the so-called coin-rolling phenomenon. The blood becomes viscous and flows more slowly. This not only impairs the supply of the cells with oxygen and nutrients but also impairs the removal and elimination of carbonic acid, other acidic end products of metabolism and other harmful substances.

More and more acids and toxins then build up in the organism and a vicious cycle begins - the acid-alkaline-regulation is under increasing risk of losing its balance.

If the path of acid-inflated nutrition and lifestyle habits is pursued, our buffer

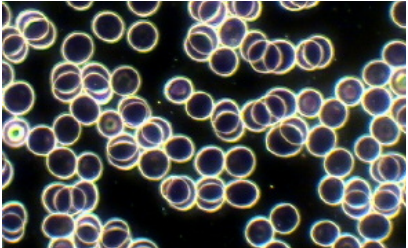
systems and elimination organs will soon be permanently overstrained, resulting more and more frequently in latent acidosis (hidden overacidification). In today's society this is very common and must be taken seriously as the cause of diseases of modern civilisation.

Initially, this slight overacidification is manifested by unspecific symptoms such as headaches and migraine, constant fatigue, lack of concentration, recurring infections, skin problems etc. As one does not really feel sick, such problems are not taken seriously. It is not usually realised that there is a connection between overacidification and these symptoms.

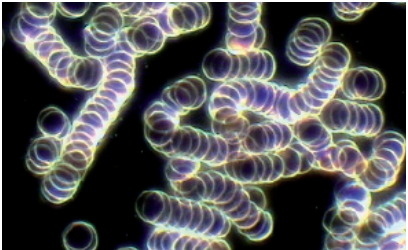
Conventional blood tests do not detect such abnormalities. However, the dark-field microscopy is a particular examination in

which a drop of blood from the fingertip is analysed under the microscope. This method is usually carried out by naturopaths who are specialised in it.

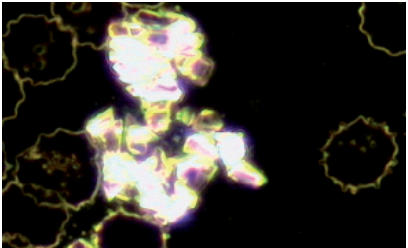
Blood under the dark-field microscope



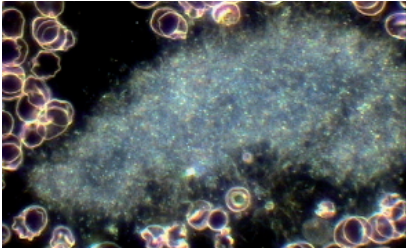
Healthy blood: freely moving erythrocytes, well distributed



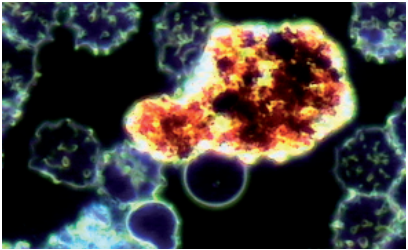
Overacidified blood: typical coin rolling phenomenon, erythrocytes block each other



Crystalline deposits: Indication of acid-strain and over-acidification

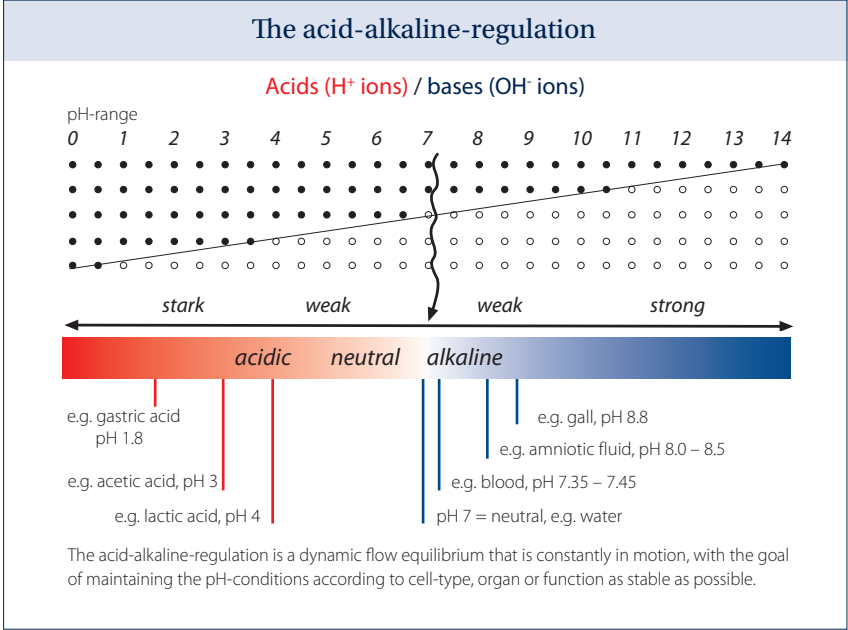


C-Candida nest, growth of fungi in the blood: severe shift in the environment, clear straining of the cells, focal stress



Symplasts: Indication of toxin accumulations / heavy metals

A.F. Dlouhy, R. Hofmann: Unser Blut – Spiegelbild des Lebens



pH stands for potentia hydrogenii, the power of hydrogen. The dilution degree of free hydrogen ions, which are considered to be acid-bearers, is referred to as the pH-value.

With this method, preliminary over-acidification conditions can be made visible at an early stage. Equally, fungal infestations such as candida, but also borrelia, trichomonads, infections etc. can be identified, which find optimum living conditions in an acidic environment and which increase the vicious cycle of over-acidification with their own metabolic end products.

The three types of diseases in modern civilisation according to Dr. h. c. Peter Jentschura

If acid-inflated nutrition and lifestyle habits are maintained for months and years, our buffer systems and elimination organs are constantly overstrained and the latent acidosis will turn into a chronic acidosis.

However, such over-acidification may not affect the pH-value of the blood. The accumulating acids and toxins must be metabolised, which leads to the development of the so-called diseases of modern civilisation. Dr. h. c. Peter Jentschura has classified our human species, taking in account each individual disposition, into three metabolism types. According to him, these types are characterised by different symptoms when over-acidification and contamination occurs:

1. Structural damages

a) Corrosion

If our buffer systems and also our elimination organs are permanently

excessively stressed, an excess of acids and toxins damages our cells, tissues, organs, tendons, ligaments, joints and bones. The observed corrosions are often accompanied by inflammatory processes, e.g. along the digestive tract, e.g. tonsillitis, gastritis or diabetes, or in the locomotor system in the form of muscle pain, tendonitis, tenosynovitis and joint inflammations. Or the acids and toxins corrode our nerves and our brain. In the worst case, the pH-value of the blood drops, with vein occlusion, heart attack or stroke as the consequences.

b) Demineralisations

In order not to be corroded by acids and toxins, our organism neutralises them with the help of alkaline-generating vital nutrients. Due to an excess of acids and toxins and the lack of nutrients in foods today, our organism must often consume or depend on its own mineral reserves. Our organism therefore mobilises minerals in our skin, hair, nails, teeth, joints and bones to neutralise acids and toxins. This results in, for example, hair loss, tooth decay, osteoporosis, intervertebral disc diseases etc.

Hair loss – caused by acids

The scalp must be understood as a readily available deposit of alkaline-generating minerals. In the case of extreme or lasting over-acidification and contamination, many people's organisms shift the aggressive harmful substances into the scalp for neutralisation. The scalp then itches and burns and is often inflamed. Or the organism withdraws the vital nutrients from the scalp to maintain its acid-alkaline-regulation. In both cases, the scalp becomes thin, it "starves" to premature greying and perhaps hair loss. The scalp must be understood as an organ within our acid-alkaline-regulation. In the case of cancer and chemotherapy, which is often carried out during this illness, with hair loss as a result, this function of the vital nutrient deposits for our acid-alkaline-regulation becomes more than clear.

2. Elimination

Neutral salts result from neutralising acids and toxins with the help of minerals. However, our elimination organs, the kidneys, intestines and lungs, cannot simply eliminate large amounts of acids and toxins or the neutral salts built up. Each of these organs has a very specific elimination function as well as capacity, and if they are excessively strained or exceeded, it would then lead to corrosion, contamination, salinisation or residue deposit of these organs.

Kidney barrier

Perhaps the kidneys are not able to eliminate all the acids that occur. A possible cause of this may be the kidney barrier, which has been studied by Prof. Manfred von Ardenne. The kidney barrier as a self-protection ensures that kidneys, ureter, bladder and urethra will not become corroded. The kidney barrier has a pH-value of 4.4. In order to effectively support the kidneys in their function, it is very important to drink sufficient amounts of non-carbonated water and to consume alkaline-generating plant-derived nutrients, e.g. by high-value plant food granules.



The skin is an elimination organ – many skin problems are "healthy" eliminations!

If the elimination capacities of kidneys, intestines and lungs are exhausted, the skin becomes increasingly active as an elimination organ. In the case of an excess of acids and toxins, depending on personal disposition and on the concentration and aggressiveness of these acids and toxins, different skin problems will occur.

The mechanisms of the skin to eliminate acids and toxins

a) Many acids can be eliminated through the sweat glands. On the palms, the bottom of the feet, the hollows of the knees, the crooks of the arms, the armpits and on the head, the skin has up to 600 sweat glands per cm². In these places, it can come to increased and perhaps even unpleasantly smelling sweating or various allergic skin reactions. If, as in the case of herpes zoster, little blisters develop, these little blisters contain the harmful substances, which must be eliminated. In general, such eliminations can become so corrosive that they affect the skin, resulting, for example, in neurodermitis or ulcer cruris.

b) The body increasingly eliminates toxins via the sebaceous glands. Each hair has a sebaceous gland. They can be found on the whole body, which means, that some hundreds of thousands sebaceous glands are available to us for this mechanism of elimination. If the hair is constantly oily, this may be an initial symptom of over-acidification and contamination. It results in pimples or even acne. If the eliminations are accumulated, whether this is wanted, because one tries to suppress them, or unwanted, eczema, furuncles, abscesses etc. can develop.

c) A third possibility for eliminating harmful substances is an accelerated division of skin cells. The cells are divided, filled with harmful substances and die. This results in increased dandruff on the scalp, in psoriasis, which can affect the entire body, or to extreme formation of callused skin. Harmful substances can also be eliminated from the organism through the hair. This is why heavy metal contaminations or doping can easily be proven in a hair sample.

Fungi

The acidic or even toxic environment on the skin and mucous membranes resulting from elimination creates ideal conditions for the growth of skin and nail fungi. The growth of fungi is the result and symptom of an overly acidic and contaminated organism. In natural medicine, fungi are referred to as "acid and toxin eaters". They will only disappear long-term, if the acidic environment of the skin, their ideal feeding ground, is corrected by a balanced acid-alkaline-regulation.

3. Accumulation of impurities

Our organisms neutralise excess acids and toxins that cannot be eliminated through the kidneys, intestines, lungs or through the skin or mucous membranes, with minerals, turning them into neutral salts. Since they can only be eliminated to a limited extent, the body must store them as residue, mostly bound to water and/or fat.

For many women, these initial residue deposits come in the form of cellulite on the upper thighs, bottom and hips. For

men, these residue deposits appear as the so-called "beer-belly" in different shapes and forms.

Besides the storage of fat, weight problems are primarily accumulations of neutralised acids and toxins.

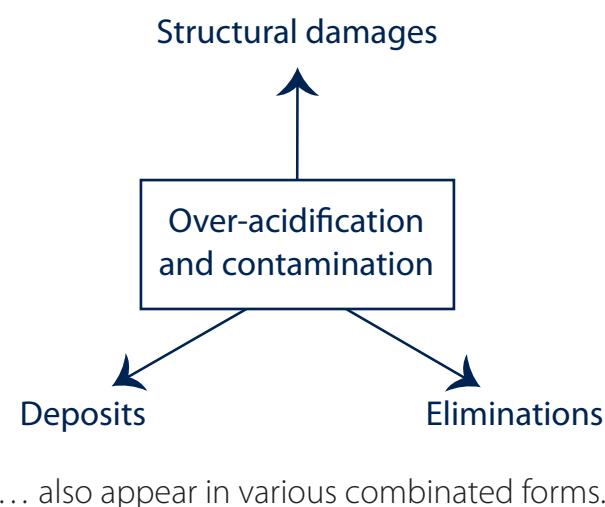
Weight problems are caused by residue deposits!

The progressive residue deposit "gout", for example, is a result of uric acid calcium deposits after years of consuming too much animal protein or purine-containing* food.

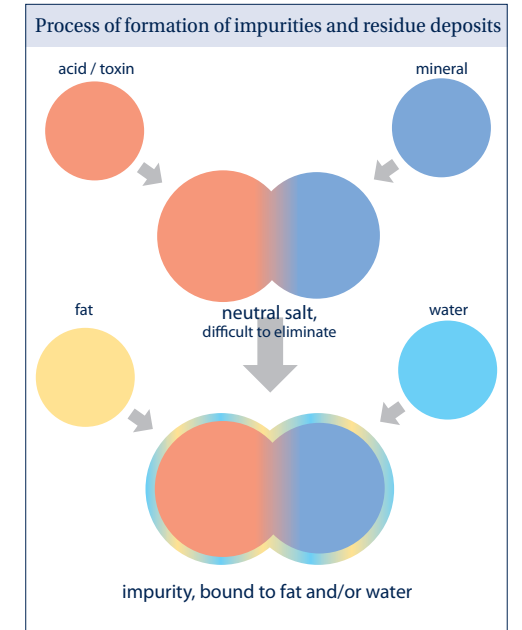
* Purines are contained, for example, in meat, particularly in offal and meat products, in fish, but also in beer and pulses.

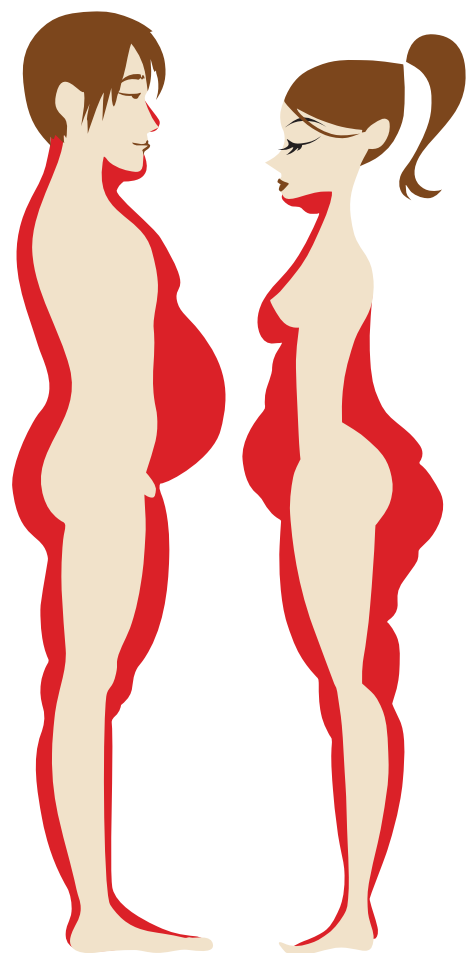
Other deposits can manifest themselves as rheumatism, gall stones, kidney stones or bladder stones, or as lipoma, fibroma etc. Not drinking enough fluids, lack of exercise, poor blood circulation and low body temperature promote the deposition of impurities.

The three types of diseases in modern civilisation according to Dr. h. c. Peter Jentschura



The skin is an elimination organ
red = up to 600 sweat glands per 1 cm²





Weight problems: small, subtle differences between women and men

The deposition of impurities takes place according to the "Hierarchy of Vital Importance", which has been studied by Dr. h. c. Peter Jentschura and Josef Lohkämper. It first occurs in fat tissue, then in the connective tissue, then in the muscles. If these "depositories" are full, then additional build-up can occur in the joints, venous walls and in the kidneys, bladder and gall bladder, and subsequently in other organs, later on also in the organs and finally in the brain and in the heart.

Because the hands, feet, knees, ankles and knuckles have lower temperatures than the mid-region of the body and blood circulation is slower in these regions, because they are further away from the heart, residue is deposited in these peripheral spots first. Due to tensions in the neck and shoulder area, the blood supply in these areas is poorer, which results in accumulations.

Over-acidity can manifest itself in different ways. Just observe yourself!

What is beauty? What is health?

Physical health means that the cells, tissues and organs are free of acids, toxins and impurity deposits while at the same time having full mineral and vitamin reserves.

Allowing these reserves to remain untouched for as long as possible is the best prerequisite for staying permanently healthy and beautiful. If all cells, tissues and organs have a sufficient reserve of mineral and vitamin potential, they are then able to continuously regenerate themselves and to neutralise and eliminate harmful substances.

Successful regeneration with the "Triple Jump to Purification"

To restore or maintain beauty and health, a purification regimen has proven to be highly effective.

Purification means the removal of built-up neutral salts from cells, tissues, glands, joints and organs of the body. In the case of metabolism, this cleansing occurs according to the "Triple Jump to Purification" that was first researched by Dr. h. c. Peter Jentschura.

Break-up of deposited impurities 1st step of the "Triple Jump to Purification"

Releasing deposited impurities consists

of splitting up the impurities, i.e., the deposited neutral salt, into its mineral-based component and into the remaining acid or toxin. This means that through splitting the impurity, the previously bound, neutralised acids and toxins are re-activated. Only this reactivation makes it possible to subsequently remove and eliminate these harmful substances.

There are many possibilities for releasing deposited impurities. Drastic dissolvers are, for example, vinegar and salt spring, or the acids contained in them or the salt itself. However, any acids taken in result in an additional burden for the acid-alkaline-regulation and, particularly in the case of table salt, in a burden on the elimination organs.

Recommended gentle impurities dissolvers are vegetable juices, but above all, what has been proven since immemorial times, herbal teas. Particularly well-proven are mixtures that contain a targeted selection of tea herbs. The composition is important! According to the principle "like dissolves like" such a tea is able to dissolve impurities, because through the elements contained in it each individual tea herb addresses



each individual tea herb addresses

The "Triple Jump to Purification" according to Dr. h. c. Peter Jentschura

1. Break-up of deposited impurities

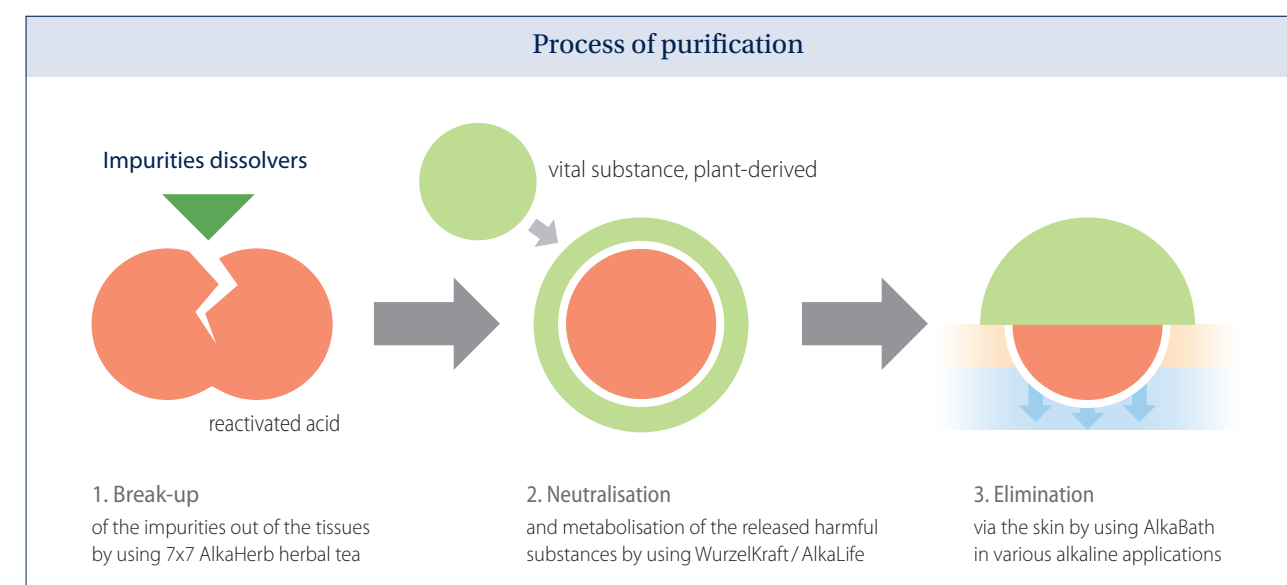
- Splitting of deposited impurities into their components

2. Neutralisation

- Metabolisation and safe removal of dissolved acids and toxins

3. Elimination

- Targeted elimination of acids and toxins, particularly through skin and mucous membranes



certain impurities and thereby dissolves them gently and safely into its components. Drinking sufficient amounts of non-carbonated water dilutes the concentration of the released harmful substances. At the same time, water supports their removal and elimination through the kidneys and the skin. In order that the harmful substances, which are re-activated by the break-up of deposited impurities, do not put a burden on the acid-alkaline-balance, our organism must be supplied with substantial amounts of alkaline-generating nutrients to effect a crisis-free purification.

Neutralisation 2nd step of the "Triple Jump to Purification"

Targeted neutralisation as well as safe removal of acids and toxins is carried out with the help of large amounts of plant-derived vital nutrients from an alkaline-generating diet. Vital nutrients are essential components of our bodies' own buffer systems and our enzymes, which serve as building blocks and "fuel".

The body's entire deacidification metabolism is supported and optimised by the range of plant-derived vital nutrients. Vital nutrients help the organism "to help itself"! With the help of vital nutrients, acids and other harmful substances are neutralised, removed and already partly eliminated through the kidneys. For example, the kidneys' central deacidification enzyme, carboanhydrase, works with the vital nutrient, zinc.

Due to the presently predominating

denaturated diet in modern civilisation, which is acid-inflated and low in vital nutrients, it is necessary to change our eating habits to a primarily alkaline-generating diet. This should be rich in vital nutrients such as minerals, vitamins, secondary plant compounds and highly valuable plant-derived amino and fatty acids.

"If someone seeks a cure, ask him first if he is willing to avoid the causes of his illness in the future. Only then you may help him." Sokrates

Nutrition - as natural as possible

An alkaline-generating, whole-food diet supplies our organism with all the important nutrients. For millions of years we have needed the vital nutrients from plants for our health and beauty. A valuable diet rich in vegetables, salads, sprouts, gluten-free plants such as amaranth, quinoa, buckwheat, rice, millet, some fruit, high-quality vegetable oils and omnimolecular (comprehensive) plant food granules can help ensure that our bodies' own potential to neutralise and eliminate acids and toxins is optimised. This way, our body's own mineral deposits can continually regenerate and remain well filled.

Why are plant food granules important during a purification regimen?

During a purification regimen, a double burden is placed on the organism. Not only do the current acids and toxins from our daily nutrition and lifestyle habits have to be neutralised, but so too do the reactivated harmful substances, which are mobilised by the break-up of deposited

impurities.

This is why a change in eating habits alone is enough to cope with this acid and toxins flood. High-value plant food granules support the organism in neutralising harmful substances. In addition, the consumption of alkaline-generating nutrients is an excellent support for our kidneys to eliminate the acids. Such plant food granules are particularly valuable if they contain as many different plants as possible and are produced as naturally as possible. In this natural form, the variety of vital nutrients our bodies and our digestive systems have known for thousands of years, can be effectively exploited and used. Natural, plant-based nutrients are effectively bioavailable.

Purely plant-based, natural food granules and other preparations have the additional advantage that, unlike in the case of synthetic food supplements, there is no risk of over-dosage.

For example, the following individuals have an increased nutrient requirement:

- people during a purification regimen
- athletes
- pregnant and breastfeeding women
- women in menopause
- children and young people
- women and men in demanding life situations such as stress, ageing and in the case of the over-acidification symptoms described

Enjoy a balanced diet and lifestyle

Discover the healthy balance between acids and bases for yourself, for "pleasure is in taking everything in moderation". Low amounts of acids can be enjoyed if compensated with excess alkalinity. But you can and should balance out every excessive acidic pleasure with alkaline-generating foods and alkaline body care!

- 1 cup of coffee: 1 tsp. plant food granules or the like + 1 glass of water
- 1 small meal with meat: 1 large portion of vegetables or salad
- excessive exercise: 1 alkaline full bath
- 1 piece of cake: 1 alkaline foot bath + 1 tsp. plant food granules or the like

Elimination

3rd step of the

"Triple Jump to Purification"

In natural medicine, the skin, including the mucous membranes, is regarded as the so-called "third kidney". Acids and other harmful substances from the organism are constantly eliminated through the skin as an elimination organ. This continues until the skin is so acidic that it stops this mechanism in order not to become irritated itself. In an alkaline bath, the skin is released of the acids and harmful substances, which have already been eliminated.

Now that the skin is alkaline again, it signals the organism that more acids can be "fed in again". In this way, the skin's natural elimination function is used in an alkaline way and the entire organism is relieved. The body is cleansed gently and



the skin can regenerate. At the same time, the elimination bottleneck of kidneys, intestines and lungs is overcome and these elimination organs are relieved.

Alkaline body care – nature's sensible and most effective elimination aid

Babies grow up in the mother's alkaline amniotic fluid and in these nine months they eliminate acids and toxins almost exclusively through the skin. With its ideal alkalinity of approx. pH 8 – 8.5 and its high mineral content, the amniotic fluid neutralises the acids so that they do not burden the baby's skin. Baby skin is purely alkaline, as soft as velvet and has a pleasant smell.



It is only during the course of life that the skin becomes more and more acidic due to the eliminations through the sweat glands and the sebaceous glands.

Alkaline-mineral body care with a pH-value of 8 – 8.5 relieves the skin of irritating acids and toxins, prevents skin problems, deprives fungi and warts of the environment they need for their existence and optimises regeneration. Particularly the mixture of natural minerals in the alkaline body care salt helps optimise the skin's self-oiling process in a natural way. Moreover, an alkaline-mineral body care salt becomes particularly valuable, if the formula contains a selected mixture of precious stones. This resolves possible blockages of the chakras and meridians and stimulates the energy flow.

The best for everyone

Alkaline applications are suitable for everyone who wishes to grant his/her body relaxation as well as intensive relief. People with different skin problems such as neurodermatitis and psoriasis are a specific target group. Pregnant and breastfeeding women appreciate a targeted deacidification of their own and their baby's organisms. This natural care has especially been



proven for babies and children with sensitive or dry skin. Athletes also appreciate an alkaline-mineral body care salt after sports in order to prevent sore muscles and to achieve fast regeneration.

Possibilities for alkaline applications

There are numerous possibilities for using the skin as an elimination organ: by alkaline full and foot baths, by alkaline cuffs, stockings, wraps, massages, steam bath and sauna, inhalations, douches, dental care etc.

Alkaline full baths – bathe like a baby

The alkaline full bath is a particularly effective measure for achieving effective purification. It activates the largest possible skin surface of approximately 2 square meters for targeted elimination of acids and toxins via the hundreds of thousands of sweat and sebaceous glands.



The longer, the better

In order to use the elimination potential of the skin effectively, alkaline baths are recommended to last at least 30 minutes. The ideal temperature recommended for

full baths is 36 – 38° C. Long alkaline baths, which may even last two to three hours or longer, have proven to be particularly effective. For these types of baths, alkaline body care salts should be added during the course of bath in order to achieve a higher buffer capacity. If the pH-value has achieved the optimal value of 8 - 8.5 can be measured with a pH-test strip.

Getting cold in an alkaline bath?

Not at all, because an alkaline bath stimulates the skin's self-oiling process. This is why the skin does not become wrinkly, perhaps only a little on the palms of the hands and under the feet, because there are no sebaceous glands. The self-oiling process, which quickly establishes itself in an alkaline bath, causes the water to be repelled intensively so that you hardly get cold because of the little contact between skin and water. This is different in a traditional foam bath, where you not only experience the loss of the body's own protective fat layer but you also get cold more quickly because of the intensive contact between water and skin that occurred due to the drastic degreasing of the skin.

Alkaline foot baths

In natural medicine, the feet are considered to be "auxiliary kidneys" because the gland-rich soles of the feet can eliminate many

Relieving, bypassing elimination

"Spare structures, which are in bad shape. Eliminate through intact structures!"

According to this principle, particularly affected areas of the body are initially not cared for, but alkaline and harmful substances are eliminated in a targeted way through the healthy skin. In this way, poorly functioning tissues can recover and regenerate.

In the case of elimination problems such as acne or severely irritated facial skin, these regions can be relieved from their elimination function by eliminating the harmful substances into an alkaline foot or full bath. In such cases, alkaline facial treatments should be avoided. The alkaline neck wrap is helpful here because of its function as an acid and toxin inflow barrier.

For tissues, which are in a particularly bad shape, e.g. diabetic foot or ulcer cruris, bathing the affected foot should be avoided. Severely affected tissues can be relieved by caring for the rest of the body with alkaline cleansing and detoxification. Elimination can be done around and through intact tissue and through the healthy foot. Alkaline stockings and cuffs have been proven for this.

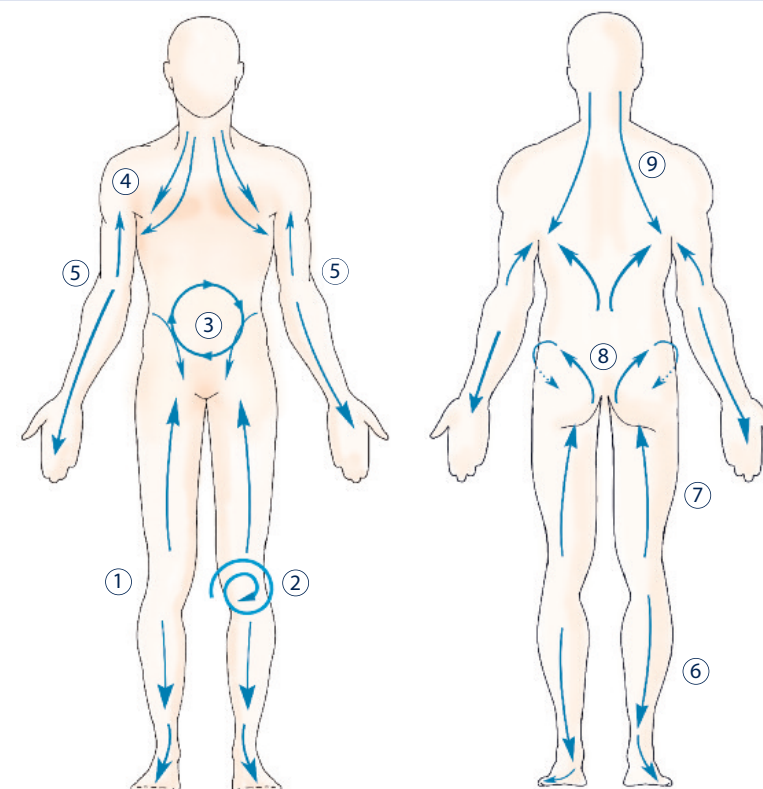
metabolic end products, acids and toxins. This becomes unpleasantly "smellable" for example by the phenomenon of "sweaty feet". If a renal insufficiency was diagnosed, an unpleasant urine smell can often be observed on the feet.

Even the regions of the lower leg, the hollows of the knee, the palms of the hand, lower arms and the crooks of the arms are intensive sweaty regions, which can be used to effectively flush out acids and toxins.

For an alkaline foot or hand bath one should take at least 30 – 60 minutes of time. The recommended bath temperature is 38 – 41° C.



Brushing in the direction of elimination



Brushing in the direction of elimination

This special brushing technique increases the skin's elimination potential during alkaline full and foot baths. The circulation in the skin is thereby stimulated, the individual pores open and the skin's elimination capability is increased.

It is recommended to brush every ten minutes in the direction of elimination, i.e., using the shortest way to the next "drain" such as toes and fingertips, armpits and groin.

The targeted use of alkaline wraps

Wraps soaked in alkaline solution can be used specifically for the elimination of acids and toxins. For such wraps, natural materials, e.g. gauze from unbleached cotton,



should be used. They are always used according to the same principle:

A thin internal cloth is soaked in alkaline solution and covered with a dry external cloth. In the case of liver or kidney wraps, a hot water bottle or a warm moor mud cushion can also be used.

Especially for people who have little time and may wish to use resting phases or the night for deacidification, the use of wraps is a useful addition or effective alternative to alkaline baths.

Weight reduction by purification

A pleasant side-effect of purification is a possible weight reduction. Due to the break-up of deposited impurities even fat and water, previously bound to those impurities, are released and can thus be eliminated.

In addition to a weak connective tissue, weight problems are due to demineralisation and storage of fat and primarily result from the deposit of neutralised acids and harmful substances. Most of the time, weight problems are due to residue deposits. This is why traditional diets do not take effect. The only help is the "Triple Jump to Purification".

The "careful purification"

People who are already severely demineralised, burdened by impurities, contaminated or suffer from chronic illnesses such as rheumatism, gout, fibromyalgia, but also people with elimination problems, particularly skin problems etc. must carefully prepare for the "Triple Jump to Purification".

The chief commandment for purification is: "The more acidic, demineralised and burdened by impurities the organism is, the more carefully you must prepare for the purification process!"

By preparing yourself in this way, you can avoid any possible excessive straining of the organism and the familiar initial worsening or healing crises. Perhaps you have already had a similar experience during fasting or during a cleansing or purification regimen.

Preparing measures

a) Alkaline-generating nutrition

The neutralisation potential of the organism is optimised from the inside by an alkaline-generating whole-food diet and with the help of high-value plant food granules. This alkaline-generating diet helps to refill the body's own mineral deposits. On the one hand, harmful acids and toxins are directly neutralised and already partly eliminated due to the strengthening of both of the kidneys, which has already occurred. On the other hand, much less harmful substances are ingested via food. In order to dilute harmful substances so that they can be eliminated better, the body must be

thoroughly flushed. This is achieved by drinking 1 – 1 ½ litres of non-carbonated water per day.

b) Alkaline body care

Particularly in the case of severe residue deposits and skin problems the capacities of the three elimination organs – the kidneys, the intestines and the lungs – are often excessively stressed. This elimination bottleneck of the skin and the mucous membranes can be resolved with the help of intensive alkaline body care. In the beginning, this is best achieved with well tolerated "small" but long-lasting alkaline applications, such as alkaline foot baths, alkaline stockings and cuffs, alkaline wraps, alkaline rinsings, inhalations etc. and later also with alkaline full baths.

At a glance:

"Careful purification" – preparing measures

In the case of severe over-acidification/demineralisation/residue deposits the "Triple Jump to Purification" is preceded by the following measures for approx. one to two weeks, if necessary:

1st week

- 3 x 1 tsp. of plant food granules per day or more
- daily alkaline foot baths and/or alkaline stockings/cuffs, wraps, inhalations

2nd week

- 3 x 2 tsp. of plant food granules per day or more
- per week 1 – 2 alkaline full baths, 5 – 6 foot baths and /or alkaline stockings/cuffs, wraps, inhalations

In addition, daily

- 1 – 1 ½ litres of still water
- alkaline-generating whole-food nutrition

After this preparation phase, while maintaining alkaline body care and the alkaline-generating diet, a purifying herbal tea is added and so the "Triple Jump to Purification" (see box: "Triple Jump to Purification") is started.

By observing this holistic concept, effectively cleansing the body can give you more health, beauty, well-being and, above all, a higher quality of life.

Dr. h. c. Peter Jentschura · Josef Lohkämper

Health by Purification



Who is not interested in questions like: What is ageing? What is enjoyment? Why do women have cellulite? Why do men suffer from hair loss? What happens with the metabolism of a woman during her menopausal years? What are nature and causes of modern civilisation diseases? What is health? What is disease? How can I preserve physical health and beauty? How can I purify myself? Which acids poison our body? How can I break up impurities and neutralise acids? How can I avoid dental loss, hair loss, skin loss (stretch marks), spots or haemorrhoids during pregnancy? How can I refill the emptied mineral stores of skin, hair, scalp, teeth, nails, bones, vessels etc.?

Once you have read this book, you will view your body in a different light, you will look at every person from a different perspective and with new knowledge. The book offers astonishing new insights and a totally different view on curability and cure. A revolutionary breakthrough for the health of mankind.

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Advice and assistance

