

On The Nature of Autoimmune Diseases And How Emotions Influence the Immune System

Maria Kuman^{1*}

¹PhD, Holistic Research Institute, 1414 Barcelona Dr, Knoxville, TN 37923, USA.

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*Corresponding author: Maria Kuman, Holistic Research Institute, 1414 Barcelona Dr, Knoxville, USA. TN 37923; E-mail: holisticare@mariakuman.com

Opinion

Basic question in the case of autoimmune diseases is: What turned the immune system against itself? It couldn't have happen without reason. Somebody turned the immune system against itself not to be bothered. Who was so smart to do this? Among all the creatures inhabiting our body, you would never expect the smallest creatures to have done this smart thing – the candida, simply called yeast.

There are more than 81 types of candida, of which a large number live in the intestines of your body. They are invisible with the naked eye and could be seen only under a microscope. How small creatures like this can be so smart? They live in colonies and they have collective mind. They live in symbiosis with the parasites, which means they mutually benefit from each other. This also means that you cannot get rid of the candida unless you make a serious effort to get rid of both of them.

The symptoms of having candida are not very bothering. One of the symptoms of yeast infection is a wet run from the uterus, which not enough is bothering because there is no pain involved. Only when the candida has made the effort to turn the immune system against itself, do the symptoms become serious and bothering – the doctors call it autoimmune disease. The connection candida – autoimmune diseases was found in research done in Europe. Only a few doctors in the USA know about it.

Being an advocate of alternative medicine, I have written a book: M. Kuman, *Delicious Herbal and Folk Remedies* [1], in which I have a whole chapter: *Flushing Your Body Clean* explaining how to get rid of both parasites and fungus with herbal combination. If you would flush your body, you would better flush everything. The chapter also explains how to flush the stones from your gallbladder and your kidneys without any pain. At the bottom of your health misery is not your old age, it is your congested body – flush it and it will run as new.

This is what the chapter on the cleansing says: “We regularly change the filter of our cars knowing that if we don't do it, the

car's efficiency will decrease and finally the car will stop working. We change or flush regularly the filters of our air-conditioning systems at home knowing that if we don't do it, the efficiency of our air conditioning would decrease and with time it will stop working. The same should be true for our body, but somehow we expect our body to keep working with the same efficiency and never to fail without ever cleaning it.”

The oldest man, who lived on planet Earth, was the Chinese citizen Li Chang Yun, who lived to be 256 years old according to written records. He had three award from the Chinese government for his longevity – when he was 150 years old, when he was 200 years old, and when he was 250 years old. When asked what made him live so long, he answered simply: “Inner peace and periodic cleansing.”

Thus, besides periodic cleansing the other major key to health and longevity is inner peace. Measurements with our patented high-sensitivity energy meter showed that to achieve inner peace you should allow only positive thinking and positive emotions. We found that at positive (happy) thinking the whole energy of the body increases and is more balanced, which means the positively thinking person is healthier (M. Kuman, *Quantum Mind and Quantum Growth...[2]*).

Our measurements also showed that at negative (unhappy) thinking (sour thoughts) the whole energy of the body decreases and becomes more imbalanced because the energy of the genetically inherited weak organ drops in energy maximum. This means that each negative thought is taking you a step farther to a disease of the genetically inherited weak organ (M. Kuman, *Quantum Mind and Quantum Growth...[2]*).

In full agreements with our measurements, the HearthMath Institute in California found that negative thinking makes the blood of the person more sour and more sour blood means more inflammations and more pain. Probably, we instinctively call the period of negative thinking ‘sour moods’ because this makes our blood more sour. Please, consider that sour moods make you sicker.

I am certain that if the immune system is measured, we will find boosted immune system at positive emotions and positive thinking, which bring health and longevity and we will find lowered immune system ability at negative emotions and negative thinking, which make us more sick. This will be in full agreement with my measurements for the role of positive thinking on health and longevity (M. Kuman, *Quantum Mind and Quantum Growth...* [2]).

References

1. M. Kuman, *Delicious Herbal and Folk Remedies*, Health and Happiness Books, 1996.
2. M. Kuman, *Quantum Mind and Quantum Growth...*, Health and Happiness Books, 2015.