

Nutritional first aid

“I lead a healthy lifestyle, which involves regular exercise and walking a lot. I also keep a fairly healthy diet with adequate water intake. Nevertheless, my health and general well-being began to decline,” wrote Marja (68). *“Pain became my constant companion, and I felt myself growing increasingly irritable. My indigestion was acting up more and more, and I was coming down with one viral infection after another. Antibiotics were of little use. According to the official medical diagnosis, I was suffering from recurring viral diseases, chronic degenerative diseases, and indigestion, and was at the onset of osteoporosis.*

I bought several kinds of tea, blue-green algae, aloe vera, flaxseed oil etc. I tried a number of remedies, but to no avail. The viral infections or, rather, the resulting consumption of antibiotics has left my oral cavity and tongue completely inflamed. I was at my wits' end.

I then learned about Dr Ostan's system of nutritional supplements. I began by taking the MAP protein supplement (6 pills per day). The pain subsided after only a week, and I felt stronger. I then added the EM probiotic (30 ml per day) and decreased my daily dose of MAP to 3 pills. I soon saw improvement with my digestion, and was able to decrease the probiotic intake to 20 ml per day. After a few weeks, I also began taking the FHES mineral powder (2 capsules per day). Ten months have passed since then. I still take these three nutritional supplements and I feel much better. I get upset much less, and haven't had a viral infection yet. The bone mass measurement revealed that osteoporosis has declined. The overall improvement has really been incredible!”

Marja's testimonial is far from isolated. A few hundred testimonials have already been gathered on the subject of MAP, FHES and EM probiotic nutritional supplements (please see www.iztokostan.com). But why does the traditional approach fail?

The usual approach

Living is a special form of combustion, in which the elements of our cells are spent and need to be regenerated. At that point, we usually reach for teas, green superfoods, seeds and plant extracts. We are, in fact, seeking minerals, vitamins and phospholipids (Omega 3 and Omega 6). Although there is nothing wrong with that, these substances make up only 4% of the cell; i.e. they are physical microstructures. Focusing only on them is like giving only slippers to a freezing person wearing just their underwear. Sure, it is right to protect their feet – no person can get warm if their feet are cold. But the trousers, sweater and coat are still missing. With this kind of approach it will therefore take months to see improvements.

New approach: Optimising nutrition to aid physical macrostructures

Physical macrostructures include protein (representing 18% of the cell), gut microbiota (in terms of numbers, the gut microbes exceed all our cells put together by ten times) and water in bodily fluids (70% of the cell). The purpose of my system of nutritional supplements, as described in my book entitled *Prijateljem najboljše (Only the Best for Friends)* (Institut.O, 2013; www.institut-o.com), is to **optimise** nutrition in terms of the above-referenced **macrostructures**. We know that regular foods nourish these structures, but their optimisation only became possible after 1997. Since then, the FHES mineral powder has enabled re-creating drinking water as consumed by the Hunza people, who live in the Himalayas and are noted for their exceptionally long life expectancy. In 1998, scientists discovered the perfect composition of MAP amino acids for humans, which can help optimise protein nutrition. In 1999, they succeeded in creating extremely effective EM-type probiotics. After 23 years of chronic liver disease and pancreatitis, FHES enabled me to regain my health, while MAP and EM probiotics strengthened it. Each of these new foods is safe and so effective that improvement is usually noticeable in as little as 14 days.

While vital people can start taking all three supplements simultaneously, it is recommended that older people and those in poor health add them to their diet gradually. This allows them to observe the effect of individual supplements on their well-being. The correct dose makes all the difference in how you feel. People who are ill should consult with their doctor regarding their diet. The three-month health booster programme, which is described below, is only for informative purposes.

Stage 1: Protein reinforcement with MAP (2 to 3 weeks)

Historical accounts suggest that giving protein-rich food to an exhausted person was not an uncommon practice. They were offered egg yolks with sugar or honey. If someone's health was especially depleted, they were served chicken soup. This, however, is not ideal protein-rich food: with chicken eggs, as

much as 52% of amino acids (a component of protein) turn into nitrogenous waste. With meat, the percentage rises to 68%, while the figure is even higher with plant protein, i.e. 82% or more. MAP is an amino acid extract from plant food, which the body can use up thoroughly, leaving only 1% of it in the form of waste. Since it does not overload the digestion or secretory organs, it is very effective in facilitating regeneration.

Instruction: For the first 2 or 3 weeks, add 5 to 8 pills of MAP to your daily diet. Take them twice daily, e.g. 3 to 4 in the morning and 2 to 4 in the evening, either with food or on an empty stomach.

Stage 2: Balancing the gut microbiota by means of EM probiotics (2 weeks)

A healthy gut microbiota facilitates food digestion and protects the immune system. An unbalanced gut microbiota can be recognised by the unpleasant smell of the stool, which signifies rotting. The usual probiotics such as sour milk, probiotic yoghurts, kefir, sauerkraut juice etc. do little to eliminate the stool smell. This task requires more effective probiotics, which include the EM probiotics. Even if eating varied food, the latter usually eliminate the unpleasant stool smell (with a daily dose of 30 ml to 50 ml) in a few days, thus aiding in overcoming numerous digestion-related problems.

Instruction: In Stage 2, we continue with the daily consumption of at least 3 MAP pills (in the morning, for example); alternatively, and even better overall, we continue taking the same dose as in Stage 1.

Supplement the diet with the EM probiotic beverage in the amount that eliminates the unpleasant smell of the stool. It can be ingested several times a day, preferably before a meal and with fresh, thick juice (fibres are food for the good bacteria). The first dose (e.g. 30 ml) should be consumed in the morning together with MAP, and the second before lunch. It is best to dilute it with water or juice. If necessary, the process should be repeated in the evening (can be taken together with MAP).

Stage 3: Reviving water in our bodily fluids by means of FHES (2 months)

Water contained in our bodily fluids must be highly antioxidant. Unfortunately, it oxidises increasingly with age. At age 50, our blood is 100 times less antioxidant-rich than at age 20. We thus become more prone to infections, the cells produce less energy and we are less protected from the oxidants which cause degeneration and ageing. The FHES mineral powder makes the water extremely antioxidant, thereby enabling the entire body to function much better.

Instruction: Keep consuming the same amount of MAP as in Stage 2.

Keep ingesting the EM probiotic in the minimum amount that prevents the stool from smelling.

Take 2 to 4 capsules of FHES a day, e.g. 1 capsule in the morning together with MAP and the EM probiotic, and 1 capsule before lunch (possibly with the EM probiotic). It is better to consume 4 capsules per day (1 in the morning, 2 before lunch and 1 in the evening). The mid-day dose should be consumed together with spirulina or some other type of blue-green algae (chlorella, AFA etc.), which should be taken in a daily dose as recommended by the manufacturer. This provides the organism with essential fatty acids, vitamins, additional minerals, as well as some fibres.

This can be a permanent way of supplementing our diet.

Dr Iztok Ostan

Written for the magazine *Narava zdravi/Nature heals*, Issue No. 55, March 2015 (NZ-55).