

Natural remedies for all diseases

By Rana El-Mahmoud

KUWAIT: "Human beings are part of nature. We are made of different elements like water, minerals and vitamins. As Hippocrates, the father of modern medicine once said that a disease is a part of all the toxicity of the system that shows which part of the body is weaker, then it accumulates there," pointed out Maria Gonet who believes in the power of nature in treating diseases. In an interview with Kuwait Times, she disclosed that toxic diseases such as breast cancer can be treated using natural remedies, food and herbs. A nutrition consultant with a master's degree in science, major in Biology, Gonet believes that surgery, chemotherapy and drugs will undoubtedly kill the patients more than supporting them with a healthy life. She cited that suppressing the symptoms with drugs will lead to other symptoms as side effects. "Only by supporting your body's inherent defence mechanism and immune system, you can be freed of these symptoms and enjoy health and happiness," she stressed.

"I work as a nutritionist at Altaf Al-Essa's office, but I have been interested in nutrients for more than 20 years in treating cancer and other diseases like thyroid gland disease, imminent amputation of the toes, Asthma/Allergies, eczema and several types of cancer like cancer of the jaw. Supplement nutrition is important along with the way of life." Prophet Mohammed (PBUH) said that the stomach is the centre of all diseases and also the

number one remedy. We cannot overlook this statement, we cannot say that drugs will successfully heal the patient without a side effect and all follow this philosophy of medication," she stated. Gonet also studied food nutrition course further in London.

Toxicity comes from eating undigested food, pollution and from chemicals in the food; all accumulate in your system. "If you do not have enough calcium then you will have a problem, if you do not have enough Vitamin C, then your immune system is weak. Hippocrates also said that the future doctors should impress their patients and change their lifestyle, this is the answer to any question," she pointed out.

Gonet's way of treating her patient is by looking into his lifestyle, what does he eat. "Immediately, I will know what is wrong with him, for example I spoke to one lady today she told me that she suffers from continuous constipation and high cholesterol, she does not move, or even exercise or drink liquid, or eat vegetables, then she suffers and takes drugs which will enhance her depression. She would double the drugs' dosage that will not heal her but will add some side effects on her," she cited. She explained that it is easy to take pills and follow the medication that doctors prescribed but it seems that changing one's lifestyle from dormant to active life is a bit hard for some people. However, others are very well and enduring in their daily life. People create habits and others destroy them, hence, Gonet or any nutri-



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tionists are successful with patients who have faith in the science of nature and who are in charge of themselves.

What is a victory of the humans if they do not know what to eat or what to drink, to enhance their lives.

Many pharmacists cater to the people with their products in the medicine they provide and the disease's solution they offer.

Dr Wail looks at the symptoms of the diseases and they will lead him to the mistakes that man has done and then adjusts it.

She believes that Mariam Noor who is a macrobiotic dietitian has some good ideas which will enhance the human body and wellness. "Mariam Noor's system follows the Japanese way, so what we need is to generate the system that we should follow. Mariam Noor is an excellent example of changing habits but she does not follow the same track since the Arabic food

has some good elements like the Lebanese Taboula and the Humus," she cited.

"Twenty years ago, when I was in Poland, a very famous nutritionist taught me the secret of Herbs and nutrition, he did not publish it or give it to anyone. We are only two in this line who are practicing it. I am not saying that we are right and others are wrong, no, but at least the cases we had were all successfully done with the sessions of treatment," she shared. She clarified that that she does not heal but she has been practicing on the cases she had and the power of any treatment is for one to believe in it. Gonet had handled many cases of those who were in pain and had lost their trust in living but were able to get back on the track again. "I do not heal, but the person himself will learn how to take charge of himself with the power of nature," she asserted.