

'Herbal medication double edged weapon'

Polish herbs can cure many 'incurable' diseases



Maria Junnet

KUWAIT CITY, Jan 26: Polish herbs can cure cancer and other incurable diseases if used with discretion, according to Maria Junnet, a Polish nutritionist.

"Certain herbs from the Polish woods can be used as a potent medication against leukemia, and kidney cancer, if some natural honey is added to them," Junnet told a local Arabic daily. "Some natural substances are added to the herbs after they are harvested and dried," she added.

She said a leukemia patient would have administered to him, a measured quantity of the herbs, with honey added, over a phased period of time. "This patient also has to consume considerable quantities of fruit juice and fresh vegetables and stick to a dietary regime. I don't mean by the term "dietary regime"

that the patient should proceed on a diet. On the contrary, a patient afflicted with leukaemia will need large quantities of natural vitamins" she added.

She said that patients suffering from kidney cancer, should ingest a certain quantity of the dried herbs, as well as parsley and natural honey.

"This recipe has to be mixed together before the patient starts eating it," she advised.

She said that unlike traditional medicine which might take effect over an extended time period, a patient under herbal medication could be cured in weeks.

"Herbal medication is a double-edged weapon. It has a healing effect on certain diseases, but could backfire if administered recklessly by the patient," she warned.

She said, "There is a quantity and a quality of herb for every disease. Herbs that suit one patient may not benefit another, even if the two patients suffer from the same malady" she explained.

"I have noticed that leukemia is pervasive among Kuwaiti children and in Arab communities in general," she said.

She said the high incidence of this disease could have a link with the quality of 'fast' or 'junk' foods like hamburgers and cold drinks.

Kuwaiti mothers who refuse to breast-feed their babies came in for criticism. "Such mothers abstain from giving natural milk to their children on the assumption that it will have a bad effect on the calcium reserves in their teeth.

She said scientific researches had belied the beliefs of mothers about the

'bad' effects of breast feeding on the calcium of their teeth.

"Also, these researches have ascertained that natural lactation helps build babies with a strong, sturdy constitution.

Turning to diet, she said that to an appropriate dietary regime, a person should know the right number of calories in his/her food. "The rate of calorie intake should be moderate during the dietary regime. If, for example, the calorific intake is too steep, a human being will not be able to reduce weight. On the contrary if he/she initiates an austere diet to reduce weight drastically, the body may wane for want of enough calories," she said.

She recommended walking or jogging for would-be weight-reducers. "Women

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can cure many 'incurable' diseases: nutritionist

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Turning to diet, she said that to follow an appropriate dietary regime, a person should know the right number of calories in his/her food. "The rate of such calorie intake should be moderate during the dietary regime. If, for example, the calorific intake is too steep, a human being will not be able to reduce his/her weight. On the contrary if he/she initiates an austere diet to reduce body weight drastically, the body may wane for want of enough calories," she said.

She recommended walking or jogging for would-be weight-reducers. "Women

who want to reduce their weight after child-bearing should go about it gradually," she warned.

Food should be chewed well, she said. "Most people don't chew well enough for the food to mix properly with the saliva. They don't realise that by having food mix well with saliva during mastication, the stomach will be able to proceed properly with its digestive functions," she said.

She warned that washing fruit and vegetable well might not be enough since certain toxic substances remain lurking. "Chemical fertilisers are the most common toxins. The liver is designed to rid the body of its toxicity, but may fail to eliminate excessive chemical fertilisers that remain in the human tissues," she said.