

Table 11: The twelve circles of the Toxemia

1	The body's natural antioxidants are beginning to run out. (p.60,62,63)
2	The liver produces an increasing amount of detoxifying enzymes, at the expense of the production of nutrients and blood. (p.25,52,54,64-65,73,131)
3	The intestines start hardly to absorb nutrients and find it increasingly difficult to separate the "pure from the impure." (p.46,82,115)
4	An almost constant feeling of hunger appears due to insufficient supply of cells with oxygen and energy, and the additional meal brings additional unnecessary food and toxic metabolites for processing.. (p.29,34,45,159,163)
5	The excretory system finds it increasingly difficult to dispose of waste products due to slow metabolism, blood circulation and cell metabolism. (p.52,88,102,144)
6	The lymph begins to stagnate due to the load of the spleen primarily to cleanse and supply the lungs and heart with pure blood. (p..54,84,89,121)
7	The kidneys begin to make more effort to maintain normal acidity, hydro-mineral balance and blood pressure in the body, at the expense of the excretion of uric acid, which begins to increase its concentration in the blood and hence around the joints. (p.74,79,95,127)
8	Atherosclerotic plaques begin to build up in the arteries due to the increased circulation of cholesterol in the blood caused by blocked bile ducts. Cholesterol is prone to lipid peroxidation - the formation of reactive peroxides (oxidized fats), which quickly potentiate the oxidative processes in blood vessels. (p.12,34,45,61,111)
9	Excess fat begins to accumulate in the waist area due to impaired lipid and glucose metabolism in the liver. (p.29,35,39,43,89,104,169)
10	More and more dead fat cells are deposited in the adipocyte (adipose) tissue, which attracts more and more macrophages, which in turn deplete natural antioxidants and oxygen, and begin to grow. (p.52,54,83,162)
11	The condition of the skin begins to deteriorate. The following appear: (p.12,27,33,79,81) <ul style="list-style-type: none"> • inflammation, pimples, lipomas - due to impaired lipid metabolism; • drought and wrinkles - due to impaired metabolic function of the liver, lack of antioxidants, insufficient oxygen supply to cells and hence dehydration; • loss of elasticity and stretch marks - caused by elevated levels of cortisol under conditions of genotoxic stress, which causes the breakdown of collagen fibers.
12	Cellulite cells and other affected adipose tissue (in the abdomen, liver, lungs, heart, limbs) begin to produce fibrous tissue that traps toxic fluids to protect life-sustaining organs and blood from contamination. (p.49,76,95,112,115,127,135,149)

If we are or have ever been in any of these conditions and try to follow carefully the events that led us to these results, we will find that whatever the circumstances of their occurrence, the only culprit who caused us this, is our gloomy thought. That is, **pollution occurs primarily in our mental manifestation**, leading to physical, spiritual and mental anguish and toxemia.

Physical malaise, accompanied by gloomy thoughts, quickly pollutes and obscures our psyche, making us blind and unable to adequately understand the events in and around us. *Instead of mastering, correcting and arranging our emotions and thoughts in a timely manner, and with them our physical and mental state, we tend to unconsciously attract additional troubles with reckless or ill-considered reactions, actions, decisions or inactions.* (p.11,15,27,32,47,51,54,99,102,144,137,177,191) Thus, the natural process of detoxification falls into the vicious circle of toxic chain reactions of impaired metabolism. Prolonged cyclicality of toxic states can lock the body in the so-called metabolic syndrome (p.17,31,35,36,40), or cause chronic metabolic disorders, leading to an exhaustion of immune strength and development of various diseases such as: obesity, diabetes, neurodegenerative and mental disorders, aging, hormonal imbalance, high blood pressure, varicose veins, cardiovascular and liver disorders, weakened immunity, rheumatic and joint pain, tumors and others. (p.190)

Can we identify and consciously control toxemia processes in a timely manner?

In the table on the next page, we will look at the governing energies of our bodily organs to find the interdependent mechanisms that can potentiate the activation of destructive energy and the concomitant manifestations of toxemia. (p.20,29-31)

If we are more observant we will find the close connection between warming the weather and stimulating detoxification, but also the acid-forming processes in our body, and vice versa - cooling, potentiates alkaline-forming processes, but also toxemia. (p.39,96,76,94,115,128)

Therefore, in summer and in hot air, it is desirable to avoid warming activities that stimulate anabolic processes in the body, such as: excessive intake of high-calorie, fatty and spicy foods, strong alcohol, weight gain, stagnation, immobility, inaction, depression. In the summer we must keep our body's cooling system in good condition, to avoid overheating, but also overcooling. (p.33,45,47-48,95) Conversely, during the winter months and in cold conditions, we must balance the consumption of energy and heat, strive to rest and nourish our energy needs, managed by our triple heater - the joint activity of the kidneys, lungs and liver, performed under the control of the thyroid gland. (p.24,25,32,39,116)

Instead of patiently harmonizing our senses and the rhythm of our body with the energies that each season brings us, we often tend to rush, trying to impulsively satisfy our aspirations, ambitions and appetites with the first good spring day. In the Spring, in nature, but also in our liver, the realizing Yang energy is activated, stimulated by the renewed reservoir of the Infinite Potential, nourished in the Winter by the element Water of the Yin energy. The beginning of spring requires us to take care of the purification, strengthening and growth of "our tree" - our liver, but also of our active spirit. (p.104,106,111,112,131) If we are impatient and concentrate too much on the inevitable realization of our aspirations, we run the risk of running out of energy and drowning in our own ambitions, activating the destructive energy in the meridian of the "earthly Spleen". This will quickly absorb all our strength and capabilities, and can force our accumulated potential to "wait", causing stagnation in our mental activity and life energy. (p.35,45,121,123,163)

It is not a coincidence that as Spring progresses, we experience more and more of "spring fatigue." In fact, states of emotional and mental arousal lead to stagnation and generate excess fluid in our body. The premature spring-summer impulses of our aspirations and moods, replaced by overwhelming spring fatigue, largely "explain" the incidental "invasion of summer days" in April, and even in March, for example. The earth is simply trying to get us out of the premature lethargy due to overexcitement, and to move and "evaporate" the stagnant fluids from our body. (p.31,36,99,102,112,122,127,148)

Unnaturally early warming, in turn, for example, causes rapid evaporation and depletion of our vital water, hence the premature onset of "unpleasant summer symptoms" in the spring, namely: swelling, edema, shortness of breath, often accompanied by joint pain and heart problems. In such circumstances, we have no choice but to rejoice and be extremely grateful for the prolonged rains and cooling during the summer days. (p.182)

It comes clear, that the manifestations of destructive energy inherent in the various zodiac signs, but above all in our tendency to allow the whims of the Ego to control our mental behavior, can occur in direct proportion to the depletion or predominance of the elements Water and Fire, including due to of climate events during the different months and seasons. Where are the causes of unnatural health and climate change? (p.29-31,38,45,59,60,71,131)