

U3A winter 2012

How Healthy do you want to be? 3 Lectures on Quality of Life

Thursdays at Lux Mundi 11 – 12.30 at the Reference Library

Let food be your medicine. Let medicine be your food. Hippocrates

Modern medicine has gotten to where it is today in part through a scientific and philosophical debate that culminated in the early 19th century, between two of the leading microbiologists of their time: Antoine Bechamp and Louis Pasteur. Their argument over bacteriological theories changed the course of medicine. Pasteur's view was that disease is caused by the invasion of germs from the outside, micro-organisms are static and unchangeable and drugs and antibiotics will kill them. Bechamp held the view that micro-organisms can develop as various growth forms (pleomorphism), and changing according to environmental conditions, developing depending on the state of the internal biological terrain. At the core of this terrain is the body's pH balance.

WHO predict that in 7 out of 10 admissions to the hospital in the year 2020 will be caused by lifestyle disorders, which could have been prevented.

Shifting Health Paradigm.

A century after the great medical debate, mainstream medicine still follows the road of Louis Pasteur, killing whatever makes us sick with drugs, antibiotics, chemotherapy, radiotherapy and surgery.

Using this approach, we have to have a pill for a headache, then another pill for the damage that the painkiller did to our stomach, then another pill for this and that. Sometimes a pain killer is all right, but it is important to remember that we are treating the symptoms. Why not take a look at the terrain to get to the cause of the headache? Not enough water? Muscle tension? Hypertension? Eye problems? Why not review the health-disease paradigm and consider a different approach that looks at imbalance in the body due to nutritional, electrical, structural, toxicological, biological or emotional reasons. To get better, this balance needs to be re-established by working *with* the body not against it.

Be as healthy as you want!

Health is a choice – and there is a lot you can do to stay fit and energetic – because we for the moment cannot find the quick-fix pill!

Join the 3 lectures by Dr. Pernille Knudtzon, MD, 678 25 35 10 for know-how on how the body works

January 2012: Blood – the river of life – The shift in paradigm of Health. How the alkaline/acidic balance influences your health. Get inspiration to prevent life style disorders like heart attacks, hypertension, stroke, cancer, allergies, arthritis, diabetes and dementia.

February 2012: Be aware of preventing Inflammation, Arthritis, Rheumatism, Allergies and Autoimmune conditions. Get to know about a healthy immune system, how to avoid inflammation, how to cleanse and lubricate the joints.

March 2012: How to “tune” your Brain - Be aware of Dementia, Alzheimer. Get to know about the aging process and how to stay healthy: What you do not use – you loose. How to exercise the brain and the body.

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Your body is designed to be healthy, energetic and vital throughout your lifetime!