

MINI REVIEW

Assuming Responsibility for Children to Come

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Received: February 28, 2023 **Published:** March 09, 2023

Citation: Manfred D. Assuming Responsibility for Children to Come. Int J Complement Intern Med. 2023;4(1):150–152.
DOI: 10.58349/IJCIM.1.4.2023.00122

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Abstract

It is a sign of the times that many natural processes and situations are being lifted out of normality into the realm of medicine. This also concerns the pregnancies and the births. However, for naturalness to return here, the conditions for healthy conditions should be created. For this purpose, it is necessary to educate the child bearing women how to offer the fetus a healthy body as a home. Such a prophylaxis especially with regard to detoxification would be able to prevent later negative processes.

Introduction

Pregnancy and child birth have evolved in recent years from natural situations to medical problems, yes if not diseases. This is understandable, considering the number of complications that are related to it. Nevertheless, this is a deleterious development that should not be accepted as the new norm. What would be indicated? Instead of pulling the child out of the well, one should prevent it from falling in, as the saying goes. A shift from treatment to prophylaxis would be called for.

It would be necessary to require that women of child bearing age go to a school where they can learn the requirements for healthy conception, healthy pregnancy, healthy child birth, and a healthy postpartum period. This could save a lot of suffering (and, of course, a lot of costs). In earlier times, this was an issue for midwives who offered such classes and counseling. In more recent times, midwives are increasingly forced to come under the umbrella of clinics and hospitals.

What would be necessary?

There is a trend toward medicalization of this area of life, but it requires above all empathy from woman to woman.

What could be the content of such a "school"? It is about optimizing the prerequisites and conditions so that it can be a problem-free and thus loving time for mother and child. The basis should be the detoxification of the mother's body,¹ as it is known that the mother detoxifies herself into the fetus.

What are the important parts of the body to detoxify?

1. The intestine, i.e. cleansing and creating an optimal intestinal environment,
2. The mouth, i.e. removing all non-physiological substances such as dead tissues and metals, avoiding fluorides,^{2,3}
3. The blood, i.e. the analysis of the vital vitamins and minerals and the determination of all harmful substances, followed by the supply of what is missing and the removal of what is toxic.
4. The lungs, i.e. the installation of an air purifier in the apartment,
5. The kidneys, i.e. avoiding drinking tap water and installing a water purification device instead. It should be drunk 2 liters of this water per day.
6. The pancreas, i.e. avoiding sugar, and reducing cereals and cow's milk. Vegetables, legumes, mushrooms, nuts, fruits and berries should be the basis of the diet.

It is well known and recognized that cigarette smoking, alcohol and the use of drugs significantly harm the fetus. It should be made clear to an expectant mother that she will make her own life difficult for the approximately 18 years after birth if she does not avoid stimulants in the 9 months after conception. The same applies to the exposure of mother and foetus to technical electromog.⁵ If the mother can not keep distance from emitters of electromagnetic rays and waves, she needs a protective device on her body. It must be remembered that the dividing cell of a foetus is the most sensitive phase for the negative influences of ionizing and strong non-ionizing radiation.

After birth

The contents of such a training are suitable to compensate for the considerably increased environmental pollution, which contributes to disorders and diseases of the newborn children. Furthermore, it is also about the mother's milk. This also serves the mother's organism to transfer toxins to the baby. In principle, the mother's milk is the ideal nutrition in the first months, but not anymore if the mother transfers e.g. mercury from amalgam or hydrocarbons from agriculture.⁶ Since diluted milk from the cow is not a good substitute, one should switch to other types of milk.

Conclusion

It should be in the interest of all expectant parents and likewise the general public if the medicalization of pregnancies and births does not progress further. We should return to the normal naturalness of this phase of life, which has existed since the existence of mankind. However, for this to happen, some conditions must be met, which are listed here. First of all, it is necessary not to expose the fetuses to any kind of toxins, which requires detoxification and reduction of the mothers' intake of toxins as well as the intake of nutritional supplements.

Acknowledgement

None.

Conflicts of Interest

None.

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