INTRODUCTION

Over the past 50 years I have focused my life on the path of Naturopathic Medicine and related medical systems. I made a spontaneous decision, not because of seeking a good occupation or profession, but it was based on true idealism, where my life’s calling could find meaning.

Help – Cure – Educate

Serge Jurasunas, M.D. (Hom) N.D.
1959 - My Journey from France to the U.S.A.

I embarked on a 6 day ocean voyage to the City of New York, to begin a new life and perhaps my destiny.
These Life Changing Events Propelled Me Toward My Destinity

LOS ANGELES - CALIFORNIA

1962 - By chance circumstance, due to some minor physical disturbances, nervous tension, etc... I was introduced to Dr. Bernard Jensen and met him at his city office for a consultation.

D. Bernard Jensen was known as a doctor of Natural Living and as an Iridologist.
Meeting at Dr. Jensen’s Office – Los Angeles

Consultation:  
**Conversation**
**Iridology check up**
**Diet – Vegetables juices - Supplementation**
(Rice bran syrup – Liquid chlorophyll – Lecithin granules – Liquid Acidophilus)

I had the clear impression that something important was happening in my life.

How is it possible that the iris can reflect our **Health Status**, symptoms, to tell us what is wrong with our body?
That Same Day, Right After I left His Consulting Office, I Bought Two Books by Dr. B. Jensen.

One book to understand nutrition and cooking, the other to learn about Iridology:

Vital Foods for Total Health
The Science and Practice of Iridology
(Printed in 1952)

I visited a Health Food store for the first time & a juice bar in the Los Angeles’ Central Market.
Who Was Dr. Bernard Jensen (1908-2001)?

Dr. Jensen was a true master. Not only was he a Naturopath, Chiropractor, and Nutritionist. He was also:

- A world leader in Nutrition and Iridology development and research.
- Philosopher/Spiritual man/Humanist.
- World lecturer – Traveled to 65 countries including the land of the Hunzas.

- Owner of Hidden Valley Health Ranch – Escondido – California.
- Author of 55 books including the definitive volume on Iridology.
Patients Came from All Over the World to Hidden Valley Health Ranch
The Master With His Pupil

Photo of Serge Jurasunas and Bernard Jensen taken in 1962 in San Diego - California
The Value of Nutrition and Natural Treatment

- At Hidden Valley Health Ranch I observed how doctors treat their patients, about nutrition, diet, detox, water baths, etc...

- Dr. Bernard Jensen let me observe how he analyzed the iris of his patients.

- **A interesting observation**
  One man with chronic asthma, who could not work, hardly walk, wanted to commit suicide – experienced severe crisis – under too much medication

- Treatment: Nutritional diet food and daily organic vegetables juices in large quantity: carrot, turnip, green turnip leaf, celery, steamed beetroot juice – colonic – Biopulse – Chiropractic treatment – Vitamin supplementation.

- He greatly improved – “I don’t understand, before I took much medication and I got worse, now I have no medication and every day I am improving.”
I Discovered the Therapeutic Value of Organic Vegetable Juice and Chlorophyll

- Carrot: Cure from 3-4 days on vegetable juice
- Red beet: Colonic Irrigation
- Turnip: Detoxification
- Celery: The value of nutrition
- Green leaves
- Parsley: “Food as our first medicine”
Dr. Jensen Taught Me These Main Principles

You need proper nutrition

You need good **blood**

You need clean **blood**

You need blood that circulates

This can be achieved only through natural food, detoxification, physical exercise, water treatment, vitamin supplementation.
Principles of Naturopathic Medicine

1 – The healing power of nature (Medicatrix Naturae).

2 – Identify and treat the cause of disease (Tolle causain).

3 – First do not harm (primium non nocere).

4 – Doctors as teachers (docere).

5 – Treat the whole person (tolle totum).
Some Early Pioneers

Books that I have studied related to health, the colon, and detoxification

John Henry Tilden M.D. – Toxemia the True Interpretation of the Cause of Disease - 1926.
Some Early Pioneers (2)

On the left Mc. Fadden
On the right Paul C. Bragg and his daughter

Paul C. Bragg one of the greatest pioneers in nutrition and health living
Iridology – Intestinal System

• The observation of the colon is the most important rule in iridology, often being the organ most damaged from wrong food.

• Chronic constipation and auto-intoxication of the colon can be seen as one major cause of chronic and degenerative disease.

• Intestinal bacteria circulating in the blood may be associated with health problems, neurological diseases, Parkinsons, Alzheimers, diabetes, cancer, and even more.
Brain Inflammation May Originate in the Intestine
Health and Life Are a Matter of Food Absorption Expulsion and the Nourishment of Our 60 Trillion Cells

Naturopathy: Auto-intoxication is the prime cause of disease

Each Organ of Our Body is Genetically Reflected in a Specific Area of Iris Topography
When you examine an iris that projects the organs and their position, you understand better how the body is functioning. How each organ is related to each other and you may especially understand how you can start to treat your patient.
M – 46 years old
Right Iris
Chronic Hepatitis/Cirhosis
Neurogenetic Arc Reflex

F – 56 years old
Left Iris
Lung cancer
What I learned from Dr. Bernard Jensen (and Later from Marchesseau at the French School of Naturopathy)

5 Elimination channels that keep the body clean and healthy

This became the bedrock of my naturopathic treatment.
I Finally Discover My True Life’s Calling

From the day that I discovered the importance of iridology and nutrition. I clearly saw my path and I took the steps to become a Naturopath - Iridologist.
1965 -

• I moved to Montreal, Canada to study Naturopathy at the “College des Naturopathes du Quebec”.

• Studied and read many books specially about the colon, naturopathic system, homeopathy, hydrotherapy, fasting, nutrition, and iridology.

• **Read the Book by Dr. Max Gerson on Cancer**

• Opened my first Consulting office.

• Returned to Hidden Valley Health ranch with groups of patients and visited some organic farms in Canada.

1968 -

• Returned to Europe, to Germany to learn more, especially about cancer treatments and other medical systems.
French School of Naturopathy
PARIS

1968 - Studied Naturopathy under the great teacher, P.V. Marchesseau.

1970 - Traveled again to Germany and met again with Professor J. Deck.

Germany - Learned about the theory of mitochondria and cancer.

Discovered the Zell-Oxygen preparation containing Live Yeast Cells developed by Siegfried Wolz under the work of Otto Warburg.

Meeting Dr. B. Jensen at Orly airport - Paris
Enzyme Yeast Cells are Similar to Human Cells

10 ml contains 200 billion fresh enzyme yeast cells, each with 50-100 mitochondrial DNA per cell.
• Cells make up tissues.
• Tissues make up organs.
• Organs make up systems.
• Systems make up the body.
• Healthy cells give rise to a healthy body.

Treat the Cell naturally and you treat the body.
Figure 1. Interaction between Genes Encoded by Nuclear DNA and Those Encoded by Mitochondrial DNA in Oxidative Phosphorylation.

The intricate function of the oxidative-phosphorylation complexes can be disrupted by defects in the subunits encoded by nuclear DNA and mitochondrial DNA or by defects in intergenomic communication between the two types of DNA. The resulting deficits in the production of ATP have deleterious effects on a number of organ systems, causing the disorders shown. The red bar indicates the site of defects in intergenomic communication (depletion and multiple deletions of mitochondrial DNA).
A Case of Melas Syndrome Treated with Positive Results

Clinical situation
The patient, a 36 year old woman, Marta, a mother of two children, came to my clinic in January 2014, with a diagnosis of Melas Syndrome.
- Loss of vision
- Cataracts
- Hearing loss
- Epilepsy
- Severe headache
- Diabetes
- Fatigue
- AVC
- Difficulty in walking with many muscular pains
After six months, Marta is completely different compared to the first consultation. She feels healthy and especially happy. The photo speaks for itself.
On the 7\textsuperscript{th} of January, 2015

This is much more than just a victory over a progressively fatal disease that not only affects the whole body, including the brain, but leaves the patient in a distressed condition.
June 1970 – Move to Portugal

1971 - Birth of a small company named Natiris

Introduced Iridology, nutrition, detoxification and many new products like Zell-Oxygen.

Consultation with iridology diagnosis, nutrition, diet become popular.

We publish the Health Magazine –

1973 - SAÚDE ACTUAL
1973

Invited to the 1st World Congress of l’Altra Medicina – 28 May – 2nd June in San Remo, Italy to speak about iridology.

400 participants from 30 countries

I invited Dr. Jensen to lecture

Several important Italian magazines were waiting to give us interviews about iridology.

The articles were later reprinted in Sweden, Spain, Portugal, U.S.A. (New York Times)

I became well known and many personalities, movie stars, kings, and ambassadors contacted me.
I organized the famous Congress on Natural Medicine in Aix-en-Provence, France.

Dr. Bernard Jensen
Dr. Alfred Vogel
Anne Wignore (Hyppocrate Institute)
Betty Morales
K-Asai (The Japanese pioneer in Germanium)
1974 - Invited to speak at a cancer convention in Los Angeles.

Further Study – travels, earned a degree in Homeopathic Medicine from the “Homeopathic Medical College of South Africa”.

Traveled to San Francisco to meet Robert Bradford and to learn about a new blood test:

1979 - Oxidative dried blood test (H.L.B.)
Introduce the test in Portugal

1979 - Opened a Health Center in Lisbon – Later on with a Vegetarian Restaurant.
1979 - Opened a large Clinic in São Pedro – Estoril:
   Natiris Biologica

   Many doctors came from Europe to learn my methods of treating cancer.

1979 - Published my first book about iridology (in French)
   “L’iridologie: un diagnostique naturel”

Oxidative Dried Blood Test

1. Normal pattern

1. Middle (Physical) oxidative stress

1. Lung cancer – stade IV – High inflammation - metastasis
Live Blood Analysis

Bad blood – oxidative stress – fragmented RBC’s

Diet
Detox
Supplementation

Normal blood status
Example of Intoxicated Blood
1984 - Set up the International Institute for Research on Cancer and Metabolic Disease with a group of International doctors.

3 seminars – Orlando – San Diego - Copenhagen

1st International Congress on the holistic view on cancer - Athens

1985 - Invited in Sri Lanka to a World Congress of Natural Medicines

Met the Health Minister and the Minister of Traditional Medicine

Worked in Colombo Hospital, made some studies.

The Minister of Traditional Medicine awarded me a M.D. degree in Traditional Medicine.
My Main Occupation

- Developed the oxidative dried blood test and made the first localization of organs in the drop blood segment.

- Developed iridology - one iris chart on breast cancer profile – One iris chart on aging profile (1).

- Developed nutritional program, diet, treatments, especially having been mainly involved in the research and treatment of cancer.

- Writing books, papers, articles include about mitochondria available in my internet page – overall about 150 documents some published in 13 languages.

- Kept performing studies.

(1) Evaluation of breast cancer profile through iridology [www.sergejurasunas.com](http://www.sergejurasunas.com)
Developed some formulas for my own use and for Natiris such as Apizellin, Apicerebrum, the herbal mixture Familia, Immunozelon, Biorejan, and Cerebrum.

For the past 8 years I have been involved in the research and clinical application of molecular markers associated with cancer.

Director of the Advisory Board of Cellular and Molecular Therapy Journal.

Writing regular articles for the Townsend Letter Journal of Alternative Medicine – U.S.A.
Relationship Between Colon Reflex Points and Body Organ Dysfunction

Serge Jurasunas N.D., M.D.

- Constipation and chronic intoxication open the door to disease -

**Ascending colon**
- Pains in neck
- Pains in shoulder
- Pain in the back
- Lung dysfunction
- Inflammation
- Malignancy
- Fibrosis
- Mammary disorders (displasia – malignity)
- Fatigue in arms
- Liver dysfunction
- Hepatitis – Cirrhosis
- Pancreatic dysfunction (malignity)
- Ovary dysfunction
- Malignancy

**Transverse colon**
- Nerve and psychic perturbation – Hypothalamus
- Decreasing energy level
- Hypophise – Poor memory
- Falling hair – Mental fatigue – High blood pressure

**Descending colon**
- Vertigo
- Epilepsy
- Pains in the neck
- Pains in the shoulder
- Lung dysfunction
- Inflammation
- Malignancy
- Fibrosis
- Sinusite
- Asma – Bronchitis
- Heart palpitation
- Fatigue in arms
- Mammary disorders (Displasia – malignity)
- Thymus, spleen
- Decreasing immunity

**Cecum**
- Fieber
- Pains in legs
- Bladder infection

**Small intestin**
- Infiltration of non-digested food in blood circulation
- Eco-system
- 100 billion of bacteria

**Sigmoid colon**
- Ovary disorders
- Pains
- Malignancy
- Perturbation of genital organs

**Rectum**
- Prostate
- Vaginal infection
- Bladder infection

**Lymphatic congestion**
- Infiltration of oxidize fat

**Toxic-amines – attack liver carcinogenic**
- ROS activity

**Tonsils**
- Infiltration of neurotoxins in blood circulation

**Nervous depression**
- Chronic – Degenerative – immune disease

**Bad circulation and pains in legs**
- Inflammation of knee
- Arthrosis
- Kidney disorder

**Autism**
- Pathogenic bacteria

**Chronic – Degenerative – immune disease**

**Edema**

**Small intestin**
- Peyer’s plate
- Production of immune cells

**Small intestin**
- Friendly bacteria
- Sinusite

**Rectum**
- Infiltration of neurotoxins in blood circulation

**Sigmoid colon**
- Ovary disorders
- Malignancy
- Perturbation of genital organs

**Cecum**
- Fieber
- Pains in legs
- Bladder infection

**Buds represent reflex areas in the iris chart**

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www.sergejurasunas.com
Holiterapias Club 2008
Spirit - Body - Life

Holiterapias Club Journal available on the Natiris website.
My Books Published in Portugal

- A Revolução na Saúde – 1999
- A saúde passa pelo Intestino
- A importância dos Antioxidantes
- Coming Soon: The Journal of a Naturopath – 50 years of practice
My upcoming new book in the English language also explains in detail how I developed the oxidative dried blood test and discovered the localization of the body’s organs in a drop of blood segmentations.
Some Important Moments

A dinner in my home.
The famous Dr. Robert Adkins and his wife Robert Bradford. The journalist Norman Walker and 30 more doctors.

U.S. Ambassador Elizabeth Frawley Bagley, Serge Jurasunas and the world famous spiritualist, Deepak Chopra.
Certificate

Prof. Serge Jurasunas
MD (Hom) ND

Receives this certificate in appreciation and recognition for his lecture „Clinical application of molecular markers: prevention, diagnostic in cancer, targeting therapies - Case studies.“
given at the
2. Internationalen Kongress für Komplementäre Onkologie
Munich on 15-17 June, 2012.

Munich on 15 June, 2012

Vilnius University Faculty of Medicine
The Lithuanian Society for Immunology

CERTIFICATE

It is our privilege to confer to
Prof. Serge Jurasunas

the University Certificate of a Lecturer on

“A Complementary and Alternative Lecture on New Avenues for Treatment in Oncology”

during the Seminar held in Vilnius on October 7, 2006.

Prof. Zita Kubinskienė
Dean of VU Faculty of Medicine

Prof. Vytas Tamžūnas
Director of VU Institute of Immunology,
President of the Lithuanian Society for Immunology
Cher Monsieur,

Nous permettons de vous contacter dans le cadre du cours des étudiants avancés de Sociologie de l'Université de Genève pour vous inviter à participer à une des séances du semestre d'hiver sur le thème suivant :

SOCIOLOGIE DES RABITUDES ALIMENTAIRES ET DES NÉCOCIES NATURIELLES DANS LA SOCIÉTÉ INDUSTRIELLE CONTEMPORAINE.

Connaissant votre travail novateur et votre expérience, nous serions heureux que vous puissiez vous-même exposer sur ce thème et ouvrir le débat avec les étudiants. Le séminaire a lieu chaque lundi après-midi de 14 heures à 17 heures et nous vous proposons les dates suivantes : 13, 27 novembre et 14, 21 décembre 1989.

Nous vous remercions de votre intérêt, et dans l'attente de votre réponse, nous vous prions de recevoir, cher Monsieur, l'expression de notre considération distinguée.

Responsables
Conclusion

Everyone can become medical doctor or naturopath, but it takes more than a diploma to acquire knowledge, to be a good doctor and to know how to best treat your patient. You still have much to learn to accumulate experience and wisdom, and know the true meaning of the Healing Arts.

You can be a medical doctor or naturopath but you have to realize that the human body is still the same, the way it functions and the way it reacts to disease, only you now see it differently. If you prescribe only toxic drugs you are just damaging the body and not curing it. Can we still mention the word cure that should follow after disease?

This is only a matter of mind, of an open mind when it comes to treating a patient the way it should be, to achieve what is the real foundation of any medicine, curing the patient and not keeping him sick forever.

In fact cure is what patients are looking for and this is the best naturopathy.

So be a good naturopath, be a good practitioner, keep on spending time to learn. This is my advice because at the moment science is rapidly progressing. Don’t rely only on medical apparatus, but on your own experience. Dedicate yourself to your profession and you will be respected.
Le meilleur médicament, c’est vous !

VOTRE SANTÉ EST ENTRE VOS MAINS
I have never been able to think so well
Never have lived so much
Never felt more like myself
Than on my long journey with my patients.

Serge Jurasunas
Thank You Very Much