



Portrait painted in November 2023 at the Forcilles hospital in Seine et Marne, while I was in intensive care

Hospitalised from April 2023 - June 2024

430 DAYS OF INSOMNIA

FEAR OF BEING CONDEMNED TO DARKNESS

THIS PORTRAIT ILLUSTRATES MY VISION: A FLASH OF LIGHT TO END THE DARKNESS

REMISSION &
RECOVERY
THROUGH ANTI-
INFLAMMATORY
LIVING
THE THEORY OF
EVERYTHING

EVIDENCE-BASED MEDICINE
THE THEORY OF EVERYTHING

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Written between August 2024
and November 2024

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QUOTATIONS AND PERSONAL REFLECTIONS

These are a few of the reflections I carry with me every day. They represent an important emotional refuge for me, as they helped get me through a traumatic situation.

“May your food be your first medicine.” (Hippocrates)

“The evolution of any disease depends on the level of toxemia within the body.” (*Toxemia Explained*, John H. Tilden).

“All diseases are curable, but not all sick people are.” (Irène Grosjean)

“The germ is nothing; the terrain is everything.” (Antoine Béchamp or Louis Pasteur)

“Man was made to be omnivorous; to eat everything, but as organically as possible.” (Robert Masson)

“The greatest hygienists do not exude the greatest vitality.” (personal reflection)

“Life is too short to be little.” (Benjamin Disraeli)

“Keep walking through the storm. Your rainbow is waiting on the other side.” (Heather Stillufsen)

“Your second life begins when you realise you only have one.” (Raphaëlle Giordano)

“Help yourself and heaven will help you.” (Jean de la Fontaine)

“The value of a man should be seen in what he gives, and not in what he is able to receive.” (Albert Einstein)

“To conquer oneself is a greater victory than to conquer thousands in battle.” (the Dalai Lama)

“Science without conscience is but the ruin of the soul.” (François Rabelais)

“It is by speaking that a child learns to speak; it is by drawing that they learn to draw.” (Célestin Freinet)

“I think, therefore I am.” (René Descartes)

“Know thyself.” (Socrates)

“Life isn’t worth living unless you live it like a dream.” (a shared opinion)

“The body loves the truth.” (David Servan- Schreiber)

“The shoemaker’s child is always the worst shod” / “Physician, heal thyself.” (proverbs)

“It’s incredible to observe that when the pressure is on, a living creature will do anything to achieve its ultimate goal: survival.” (extract from the movie *Minority Report*).

“Death is not the greatest loss in life. The greatest loss is what dies inside us while we live.” (Albert Einstein, via Norman Cousins)

“The Greatest Traveller is not the one who went ten times around the world, but the one who went once around himself.” (Mahatma Gandhi)

“Happiness is not the goal; it is a way of life.” (Paul Claudel)

Teachers open the door, but you must enter by yourself” (Chinese proverb).

“Water which is too pure has no fish.” (Chinese proverb)

“God is omniscient.” (aphorism)

“An idiot makes more progress by walking than an intellectual does by sitting down.” (aphorism)

“To neglect one's health is unreasonable; to obsess over it is far worse.” (Chauvot de Beauchêne).

“There's no point having knowledge if you can't make it known.” (aphorism)

“Add life to your days, not days to your life.” (Professor Jean Bernard).

“It's not about the destination; it's about the journey.” (aphorism)

“When you get rid of at least 80% of your life (including your basic nutrition), it's normal to see tangible, visible results in the short term – but what about the medium and long term?” (a little personal nod)

“When the pail of knowledge overflows, we are incapable of decision.” (personal reflection)

“Man's worst enemy is himself.” (personal reflection)

“When we restrict our diet, we weaken our system.” (aphorism)

“The skin is the mirror of the soul.” (aphorism)

FOREWORD

I'd like to start this book on a humorous note. I'm thinking back to a remark that my high school French teacher made to me when I was 17, during our end-of-year prom in 2006: "Michael, if you can boogie as well as you can write an essay, you'll tear up that dancefloor." I suppose we'll see if she was right. The topic we'll be looking at is a serious one, but we shall approach it with a sense of perspective and philosophy.

You'll have noticed that I thanked certain figures who have a reputation for expressing "extremist" views. This is somewhat paradoxical, given that paying too much heed to their ideas actually made my situation worse. This ended up putting me in a coma and then intensive care for 9 months, from April to December 2023. The lung infection I picked up was exacerbated by severe malnutrition (serious deficiencies, and depletion of my biological and mental reserves).

I had a close brush with Death, but it was not my time. Together, we'll see how I fought back and what I was up against.

Allow me to quickly tell you the three weapons that saved me: allopathic medicine, medicine of the mind (my life philosophy) and my way of life (the pillars of health, which I'll expand on throughout this book, and which continue to save me today).

Today, I have let go of all my negative emotions, including anger. My book has enabled me to move forward, in the sense that I now know who I am. I have forgiven everybody, including myself.

Devouring hundreds of books on all manner of subjects (especially holistic medicine) enabled me to forge my own personality and form my own opinion through experience.

We should always continue developing our critical faculties.

Since I left intensive care, I have had to re-learn all of my motor skills, just like a baby.

My book has the following goals:

- To spread awareness, and help people avoid dramatic situations like the one I experienced;
- To help people emerge from their (ideological) caves. This is not a simple process, but it is possible – I know, because it happened to me. Think back to Plato’s allegory of the cave: the man who leaves his cave suffers as he explores the outside world, because he clung to an ideology exacerbated by isolation.
- To guide people toward their own personal Happiness. In this regard, I often refer to great figures such as the Dalai Lama, Albert Einstein and Mahatma Gandhi, as I greatly admire their strength of conviction and their belief in Human kindness. In no way am I comparing myself to them.
- To help as many people as possible heal their physical and emotional scars. Each person must find their own balance.
- To champion tolerance towards others and oneself.
- And finally, to heal myself. I need to help other people so that I too can heal. I now live in accordance with my values and beliefs. This enables me to accomplish my life’s mission, which is the reason I’m still alive. This mission is to save lives.

During my life, I’ve always struggled to balance theory/practice and body/mind. I’ve always been quite risk-averse. I’ll explain why further on.

Here’s a fine oxymoron for you: I am both hypersensitive and Cartesian¹. Prior to my “resurrection” I would constantly isolate myself, because I did not feel understood. I did not accept myself as I was.

¹ Meaning rational or logical, after the French philosopher René Descartes

In short, I was lost. My nervous system was on fire.

This manifested through mental and physical hyperactivity.

I encountered many emotional roadblocks: fear of change, introversion, the desire for perfection and solitude, etc.

What is hypersensitivity? I define it as follows: when the gap of interaction between body and mind is too narrow; one interacts with the other in a fraction of a second. Hypersensitivity can be physical and/or emotional. For me, it is both...

Given my near-death experience, I am also a dualist. I believe in the separation of body and soul. The soul and mind are two separate concepts. The soul has a spiritual dimension, while the mind has an intellectual connotation.

What's important is my desire to do good, and my impassioned nature.

There remains a key constant in my nature, both before and after my experience of coming close to death: I have always sought to put others before my own personal well-being (both physical and psychological). This does not mean that I have no self-worth. On the contrary, I have loved myself ever since I found myself. My journey shows that survival was not my priority.

I've always been a passionate person. I'm sure my friends and family would have plenty to say about the phases of emotional turbulence I went through...

I spent 35 years trying to find myself, and the search is finally over.

Over the course of my time in hospital, I had to learn to place some degree of trust in other people. Before, I wanted to control everything, and I counted only upon myself.

My book demonstrates how to free ourselves from indoctrination. Since my resurrection, my analytical senses have become heightened (as a result of my traumatic experience). I analyse everything, including people's behaviour – even people I'm in contact with remotely. I'm capable of guessing people's intentions, and why they're acting the way they are.

We're about to embark on a truthful discourse together. Extremist views of naturopathy accelerated my deterioration, but my foundations were already weakened.

So this book is not intended as a full-frontal assault on these extremist views.

I was in a weakened state due to suspected long COVID, and drastic isolation. Life had brought me to my knees. When we suffer, a domino effect occurs. We withdraw into ourselves, and sometimes we choose to self-destruct. I don't blame anyone. But, as Émile Zola would put it, *j'accuse* the system of indoctrination.

I hope to be heard, and that I will be trusted to help people.

I'd now like to share with you my experience and my knowledge, that we may find a sort of reciprocal comfort. I have decided to turn to writing to tell you my story and pour out my emotions.

I hope that you will appreciate my vision of Happiness, and that the combination of theory/experience showcased in this book will help you in your everyday life.

All throughout my life, people have observed that I was different (and sometimes, reproached me for it). Coded language and complex thought processes were frequent observances in my regard.

This book is an opportunity for me to make myself accessible to everyone, and to reduce my mental burden. Simplicity is sometimes a complex endeavour for those who take up the pen.

Enough about me; let's begin the journey together.

Warning: All the theories presented in this book are true, and have been scientifically demonstrated.

PROLOGUE

From the moment of my birth, I was deemed “different.” I enjoyed being alone, and retreating into my own abstract world. I isolated myself so I could think about things that were said to be “metaphysical”: the conditions of existence, the “why of the how.”

I started walking early, but my speech came late compared to “normal” kids. This was an early sign of introversion.

My near-death experience on 14 April 2023, during my coma, gave me a clear vision of my identity, my desires, my ambitions, and my mission in life...I am now, finally, myself.

I decided to make my weaknesses into a strength. What defined me became a point of originality: the symptoms of my illness, my character, my values and beliefs, my convictions.

During the period of immobilisation life forced upon me, I was in the “diving bell” with my “butterflies.”² The diving bell represents my thoughts, the visions of my mind. The butterflies are my eyes. Together, they gave me my reality.

It is this cohesion between mind and body that explains why I am alive today.

The rational (allopathic medicine) and my strength of mind saved me.

Medicine is based on a principle: the risk-reward ratio. When I went into intensive care, I was so malnourished that the doctors wouldn't have been able to bring me back if my heart gave out.

The electro-shock that brought me back was the medicine of mind and body (rational) and a force that I cannot explain (which I will call the invisible strength). I am a revenant...or the result of a miracle.

Today, I move forward. No victimisation. I take the time to live.

² A reference to *The Diving Bell and the Butterfly*, Jean-Dominique Bauby's 1997 memoir about living with locked-in syndrome, and the subsequent feature film of the same name

I say what I have to say. My experience has enabled me to develop certain mental capacities. Human nature, and dogmatic views in particular have a tendency to lean towards protecting oneself for survival, eschewing responsibility for our problems, and soothing the conscience. All this is a means of freeing ourselves from guilt.

I do what I have to do. I didn't come back to harm anyone, and dogmatic viewpoints cause too much collateral damage. Each individual must find their path, and do Good in the right way.

Dogmas are dangerous, and extremist dogmas all the more so.

Let us be neutral, and iconoclastic☺

Today, my passions have reached new heights. They are focused on reading everything I can get my hands on, on writing and on language. I can be a real chatterbox when the topic interests me.

I love analyses and modelling. Since childhood, I have always seen life as a mathematical model.

The flip side to this coin, of the need to analyse everything, is that I have difficulty prioritising, creating hierarchies and ranking things by importance.

Choosing a publisher was a herculean task, as was trusting them to publish my book.

I like to learn on my own. I educate myself in anything and everything that might be helpful to my development. For example, the creation of websites and companies (of any kind). I have qualifications in business management and education.

There are no limits except those we set ourselves.

My brain is like a computer. It compiles and processes information. Now, this processing is more effective.

I'd like to share with you the “mantras” that saved my life during my coma, my time in intensive care and my rehabilitation. In total I spent 14 months in hospital. These principals are personal.

. FIND YOUR OWN HAPPINESS; DON'T HIDE BEHIND THE MASK OF SOMEONE ELSE☺

. THE ROAD TO SELF-DISCOVERY IS LONG, BUT LIFE IS SHORT☺

. PAY ATTENTION TO THE SIGNS; NOT EVERYTHING CAN BE EXPLAINED. ILLNESSES HAVE CAUSES, BUT CANNOT ALWAYS BE EXPLAINED (limits of the rational; the invisible has its own importance).

. YOU ARE THE ONLY PERSON WHO CAN TAKE YOUR LIFE IN HAND,☺ BUT YOU CAN COUNT ON YOUR LOVED ONES (nuclear family and true friends).

. You cannot control everything, so let go and learn to rank your priorities.

. DEATH IS NOT IMPORTANT; IT IS SAD, BUT NOT IMPORTANT (a child's observation).

. THINK FOR YOURSELF AND BE YOURSELF.

. YOU MUST STAY ALIVE SO THAT OTHERS CAN SURVIVE

. YOU CAN'T SAVE EVERYONE, ONLY THOSE WHO WISH TO BE SAVED.

. FREE YOURSELF FROM ALL ADDICTIONS.

. Pain is temporary, but your resilience is eternal.

. Be less demanding, and less hard on yourself.

- . Money makes the world go round, and the human species is overly characterised by the seven deadly sins (including pride and covetousness), so try to prove the contrary.

- . Don't be afraid of failure. You never lose: you either move forward, or you learn.

- . We have three brains: the heart, the gut and the brain.

- . The divine formula is as follows: God is everything.

- . Try to see the good in every human being, even if this is sometimes difficult.

- . Don't try to get into people's heads; you'll only hurt your own.

- . Defend those who are suffering, and help them if they want help.

- . Suffering makes us human. Don't expect anything in return for your actions.

- . Get rid of all that is superfluous, of all materialistic ideas, and focus on the essential: human values.

. Dear God, let me find :

- My ability to read and to “absorb” all the books within my grasp, in human sciences and other topics, but not only those;
- My ability to write, to take up the pen once more;
- My ability to speak so I can say what I have to say, and make my voice heard;
- My motor functions, so I can get my life back;
- My swallowing, so I may eat...
- My thoughts, so that my brain might erupt like a volcano (cognitive functions).

During my coma and my time in intensive care, I had none of these faculties. Today, I have recovered enough of them to live.

Well, to be honest, I’m writing this book in positions that would not be considered the most ergonomic. I am still living with the after-effects of that perilous journey: my fingers are retracted, and I’m writing most of my story on a phone.

In order to grow as a person and recover, I must reconcile my experience with my knowledge. This is undoubtedly the most important of my “mantras.”

There are many more of them. But I spent so long bedridden that I no longer had anything but my mind to keep me alive.

It was that or looking up at the ceiling counting the tiles, or sheep.

Just to get it out of the way: I’m autistic and I have a genetic disease, which is incurable. I’ll come back to that...

I'd like to stress that I'm happy with this way of operating. I don't ask myself whether or not I'm happy anymore. I am what I am destined to become. One earthling among many.

I'm learning to manage my analytical system (my "computer"). Compiling data enables me to develop my critical faculty, and to judge situations so I can make a decision.

Over the course of my 14-month stint in hospital, I saw my life go by. My mental visions showed me glimpses of the happiest and saddest moments of my existence.

Now, I take a philosophical approach to life. I'm better at managing my emotions. I can go from being serious to laughter or sadness.

The one thing I refuse to do is play a role.

I believe that only in their dreams can men be truly free (to quote Robin Williams' character in *Dead Poets Society* 😊).

One thing I know for sure is that there are two situations in which I'm happy: when I can do something to help bring relief to those who are suffering (physically or mentally) and when I'm surrounded by books. My home looks like a public library. 😊

Today, I find fulfilment in being a bookworm. I own it.

I'm on my own path...using my happiness as a means of life, rather than a goal.

I can't help myself when it comes to reading, writing and helping those around me. I value my private life. I think this is genetic. In this instance, the cause is too important, and so I'm willing to sacrifice some of it. I'm a guinea pig. 😊

I am certain of the values I espouse. I am now moving forward; there is no possible doubt.

To the question "what do you want to do in life?", a child would answer: "I want to be a good person."

I'm answering the same question today.

God is my witness. You'll understand what I'm referring to when I evoke this higher power as you read on.

EUREKA. I have found God. ☺

I think that every individual is destined to do one thing in their lives. You might say that writing has saved me.

I could certainly have written this book by dictating the words with my lips, with the care staff writing my words down on a board. But it would have taken longer.☺

In this case, my gnarled fingers serve as my tools, rather than my “diving bell and my butterflies.”

Every step is a victory.

The fact that I demand a lot from myself doesn't mean that I'm demanding towards others. I accept people as they are, provided this tolerance is reciprocal. I hate having to justify myself. My stance is based on science.

This autistic “lame duck” with Asperger syndrome would like to assuage your fears: the origin of “Creation” and my Rebirth transformed my life. The result is that I am now seeking to prove that we can put humanism ahead of profit.

Let's make our weaknesses into our strengths. Walls have no borders.

I've tried to be as clear as possible. Should you have questions, you'll know where to find me by the end of this book.

Still, I'm only human. I like to rest...from time to time.

Now, I've optimised my equation by modelling human life, in order to achieve balance. This balance is MINE.

The proof of this optimisation is based on experience and knowledge.

INTRODUCTION

This book is for anyone who is suffering (from chronic physical and/or psychological pain).

Up until now it's been difficult for me to express my opinion, but now the time has come. I'm trying to unify all the branches of medicine.

Don't pay too much heed to my initials (MM) – I'm no medical medium. I was in intensive care in the same hospital where Grand Corps Malade (a French rapper and poet) was hospitalised during his “younger days” (my apologies to him☺; he's still young), and this is the comparison I prefer. I've always been interested in science. Writing is a means for me to take stock of our collective situation.

Those around me have said that I'm still alive because of my “lucky stars”, and the doctors said it was because of my will to live. I think it was my destiny.

In life, as in medicine, the risk-benefit ratio is central to our thought. I intend to reconcile all these opposing camps, using Science.

I'm laying down my CV, just like Sylvester Stallone did at all those Hollywood studios before beginning his work on the *Rocky* saga...except in this case, the goal is to avoid a fight by easing the tensions between the various branches of medicine.

Let us not be enemies; let us protect one another.

I think that chronic illnesses have become my main area of interest...

We're in the midst of a global, and silent, pandemic. This book is the culmination of 7 years of research, and my experience.

The goal of this book is not to engage in excessive scientific explanations, or to recount the most intricate details of my life. Nor do I want to attack allopathic medicine. If I did, I'd lose my readership...I want to get to the heart of the matter.

But I will provide the basic scientific references. Take my word for it; I've spent enough time on my research, and I've rubbed shoulders with well-informed people.

My ongoing recovery vindicates these claims. I was hospitalised in April 2023 for a lung infection and severe malnutrition. My immune system was shot. The doctors expected me to die within days. I defied every medical prognosis.

Today I am able to walk again, and have no life-threatening lung issues. I've been back at home since June 2024. The progress has been very quick. We'll see how I decided to pull through by fighting back against a chronic neurological and inflammatory disease.

Before getting into the book, I must tell you that I already had symptoms before I went into hospital, which were the signs of a chronic inflammatory illness. These symptoms were neurological (burning sensation, pins and needles, paraesthesia, brain fog, muscle and joint pains).

Each of us is born with a unique genetic heritage. This determines what type of "engine" we're driving with: a standard motor, a Ferrari or a Mini Cooper.

We each have our own metabolic weaknesses. However, we can influence our genetics in order to balance our system and avoid illness. We'll see how in a later section of the book.

As I write this, I have neuropathies in my extremities (fingers and feet), and some of my fingers are still retracted (I still have a final few phalanges to get back).

The orifice from my tracheotomy hasn't closed up yet, as my trachea is still scarring (the doctors were forced to take this measure as I was no longer able to breathe). Chronic fatigue remains an issue, as does my "lame duck" appearance.

My bronchial dilation is gradually abating. I no longer have any respiratory issues.

If we had to put a "label" on my status six months ago, in early 2024, we could have called it "locked-in syndrome," which is the equivalent of the advanced stages of ALS.

During and prior to my hospitalisation in April 2023, I'd had a great many diagnoses: suspected cystic fibrosis, Ehlers-Danlos syndrome, mast cell activation syndrome (MCAS), Ankylosing spondylitis, rheumatoid arthritis, fibromyalgia, Asperger ASP, etc.

I was told that my symptoms were in my head. Well, now they're no longer invisible. Every day I work to free myself emotionally from this lack of understanding; from the gulf that exists between an obsolete system and the suffering of millions of people. Everyone who suffers from a chronic illness experiences this feeling of being on a different wavelength.

As I speak to you through this book, it's now August 2024.

I'd like to share with you my experience, the causes of disease and the actions I put in place to send my neurological illness, which was both chronic and life-threatening, into remission.

Finally, together we'll assess the improvements in my overall health status, as well as what remains to be achieved.

My reasoning therefore observes the classic scientific method: theory/experience/validation of theory through experimentation.

Over the course of this book, you'll notice that everyone is right and everyone is wrong. Together, we'll untangle the truths and falsehoods. This will involve solving a sort of puzzle together, with the goal of finding a path toward Happiness, which is achieved through good health.

Given my memorable (or rather, unforgettable) hospital experience, the culture of "do what I say, not what I do" is an absent factor in my equation. My analytical software runs on Truth above all else. "The body loves truth."

Let's waste no more time. This is my chance to recover the time I have lost, and this is what keeps our minds and bodies young. 😊

You'll notice that I'm both rational and hypersensitive. One does not cancel out the other. It's a heady mix.

Keep that in mind. Nothing cures everything.

The empirical model I have tested, and which I discuss throughout this book, aims to help people achieve their physical and psychological happiness. My dream, therefore, is to reduce people's suffering in order to achieve optimum health.

This model therefore serves as a form of therapy for everyone, myself included.

This empirical model, based around the pillars of health, enables me to function to my full potential AS LONG AS ALL THE MODEL'S DATA IS PROPERLY OBSERVED. If just one pillar is fully ignored, the balance of my “mind/body system” would be thrown off. Synergy between our actions is essential for our path toward recovery.

N.B.!: regardless of your health status, you'll need to have regular check-ups with your doctors. People with chronic illnesses need to do this very regularly (blood tests).

The approach I use is akin to midwifery; it involves a birthing of the mind. I wish to guide you towards YOUR TRUTH through a process of questions and answers.

Theoretical ideology is all well and good, but is it applicable in the field, over the long term and for everyone? In this book, I will answer that question.

I don't know anyone who's never had a single symptom. So I intend to do what I can to help people, so that they can keep their symptoms under control. This is my ambition, and my life's mission. It is the reason I came out of my coma.

How can we remain in remission from a chronic illness while continuing to live “normally”? In this book, I will share my vision of how. There are two terms I don't like to use: “everyone” and “normal”. People who've had a chronic illness will understand. We're all different.

For those lucky enough to be in good health, how can you avoid illness?

This causes a lot of issues, but my work provides some food for thought. I'm a man, not an alien, and lives can therefore be improved. This model has been effective for me.

From the midst of all the medical diagnoses I've been given, the following Truth emerged.

I have a genetic illness that is not as rare as people say it is. It's known as Ehlers-Danlos Syndrome. This illness is part of a trifecta: Ehlers-Danlos syndrome, Mast cell activation syndrome and postural orthostatic tachycardia syndrome (EDS, MCAS and POTS).

I'm also Asperger-autistic.

I'll tell you about all this in brief, now that I have some perspective☺.

Dear reader, thank you and let's get into it. I present to you my vision.

1) My experience of life (and death)

a) My life before the drama began

I was born in January 1989, in France.

My early years were somewhat painful. I often had sinus and ear infections. Still, nobody seemed too worried about it. It was common. I had my adenoids removed to “resolve the issue”. It’s always easier to hide the symptoms than to find the cause.

My early years were characterised by solitude and hyperactivity. At daycare, I would often go off and play alone in a corner. I had few friends.

Starting nursery school brought stress, and further isolation. I struggled to assert myself and make my voice heard. I was also very clumsy, finding it hard to situate my body within the space around me. I now know the origin of this problem, but we’ll look at that later. But to avoid keeping you in suspense, I shall simply say that it was an issue of the nervous system.

I was “properly” fed.

Official guidelines were observed, that’s for sure. In the morning I drank my little glass of milk and ate my bowl of cereal, washed down with a glass of industrial orange juice. Thinking it would do me good, I was given a half-baguette with blue cheese and a kilo of oranges, supposedly to help my digestion. Lunch at the school canteen meant processed foods: ravioli, cassoulet, industrial cheeses, sweetened yoghurt, etc.

Then of course, there’s the traditional French *gôûter* (afternoon snack), which might involve bread with Nutella or grated cheese, or a packet of cakes.

In the evenings we ate carbs on carbs, accompanied by various processed foods.

Oddly enough, I was quite a skinny child. Now I know why. Again, to spare you any terrible suspense, I can tell you that this was due to an issue of nutrient absorption. I’ll explain the cause further on in this book.

My years in primary school were characterised by shyness and fear of failure. I had great difficulty forming relationships.

From around Year 6 onward, I started to really focus on my studies. I got excellent grades. I was highly “conditioned”; never broke a single rule. I was very meticulous, and I had an eye for detail; I was ready to go to some fairly extreme measures in order to make friends, like helping my mates to pass their exams.

I can reveal to you now that this is due to a type of autism (Asperger syndrome). Today, everybody knows that autism is caused by problems with the nervous system (the vagus nerve in particular). But we’ll come back to that later.

Going into secondary school brought a fresh round of stress and isolation. My fear of failure had greatly increased, accompanied by a fear of change. I was still getting good grades, but at the cost of great effort.

Year 9 was chaotic. I hit puberty in a way I wouldn’t wish on my worst enemy. I became anorexic. Everyone knows what that looks like. I refused to eat, and my weight dropped to just 33kg (5 stone 2).

I went into hospital. While I was in there, allopathic medicine told me I was a spoiled child. I was acting out, like a child throwing a tantrum. They wanted to feed me up, once more according to official recommendations. *Let’s give him plenty of carbs, sugary drinks, dairy products and grains* (i.e. gluten). All of this stimulated my nervous system even further...but my instincts were already telling me that certain types of foods were not suitable for human consumption.

I was forced to eat again so I could get out of the hospital, and back to my life.

In the end, I got out two months later. I went back to school, still in year 9. In the end, allopathic medicine had convinced me that I was very psychologically fragile, and that they would need to monitor my diet.

By the time I got to high school, my perfectionism had reached new heights. I had to be top of the class, no matter the cost. And I was. Puberty was very difficult.

I had lots of skin issues, and a feeling of existential angst. I was nicknamed “the calculator” (and not because of my predisposition toward certain subjects).

I passed my *BAC Scientifique*³ with honours in 2007. I found this to be insufficient. I wasn’t happy with the achievement, given the effort that had gone into it.

³ The French equivalent of A-levels or graduating high school

Moreover, I didn't know what to do with my life. I decided to study medicine, but I only lasted a month. But my intuition was sound: I wanted to save people's lives and do what was best for myself.

So I changed direction that year: I started studying for a maths degree in Paris. I dropped out after 3 weeks. Since I couldn't afford to lose a whole year, I decided to go to business school. I sat a competitive exam and began a degree course focused on financial management, business law, etc...nothing very inspiring.

But I was still among the top students in the class. I got my degree, once again with honours, in 2013. While I was at university, my nervous system was going haywire. Things were getting worse.

My love life was a disaster. I told someone I loved them (so far, the only time in my life I've genuinely done so), in a slightly desperate way. As I suspected, rejection came my way.

Anyway, this isn't supposed to be my life story – let's move on to something more interesting, and more important.

I started looking for an outlet to help me channel all this frustration. I started running. A lot.

However, when you're working out at an intense level, your body is in a state of stress and releases large amounts of adrenaline.

This further weakened my nervous system.

Professionally, my life was once again characterised by instability.

I bounced from job to job, ending up as a management accountant in an office. Not terribly gratifying, you'll agree.

At age 27 I moved to the countryside so I could (finally) have some independence. I'd found another management accountant role. This experience would end up being more than chaotic.

I was constantly being belittled by the sales staff. When sales were down, they had to find someone to blame – so why not little old Michael?

After some fraught communication and realising the imbalance of power was clearly not in my favour, I ended up quitting two years later...still, it was a blessing in disguise. Perhaps I would finally be able to explore "the me inside", and find out who I was.

I went back to live with my parents, and decided to change direction once again.

In 2019, I sat the teacher training exam (aged 29). I passed with flying colours. Ah, school was always where I'd known the most success.

Serious neurological symptoms were beginning to appear. Hot flashes, pins and needles, electrical discharges, all throughout my body. This was followed by depression and mental fog.

I started seeing doctors to try and find out the cause. Around a dozen doctors performed all manner of tests; they didn't find anything.

I was very worried, and started researching whatever I could.

I must have bought a hundred books on natural health and neurological diseases.

I became more and more interested in natural health, trying to understand the cause of all my ills.

I withdrew into myself, because nobody else understood.

It was then that I realised I was suffering because I hadn't been observing the fundamental rules of nature, especially with regard to nutrition.

For 6 years, I went from one diet to another: paleo, keto, natural hygiene, raw food diet.

Nothing worked. Moreover, I was forced to scale back my exercise because I was losing a lot of weight, and showed little vitality. In 6 years, my weight dropped from 56 kg - 40 kg (I am 1m78 tall, or 5'8".)

I was no longer able to perform my professional duties either.

So I started doing an extreme diet. I had nothing else to lose; when we suffer, we can become blind and take radical decisions.

The diet I tried was the raw vegan diet. Unfortunately, my body wasn't on board with this plan. I always made sure I ate between 2000 and 2500 calories a day, but I was never able to regain muscle mass or vitality. It didn't make any sense...I was starving, and my body was reacting to everything I ate.

We'll see why in part 3 of the pillars of health. My hypersensitivity increased, inducing a domino effect.

I was very isolated (my own fault) due to total obstinacy.

In late 2022 I contracted a lung infection, as if I were not weak enough already. All this occurred during a fresh wave of COVID. My immune defences were non-existent, leaving the door wide open to pathogens.

As I had always had my reservations about allopathic medicine, I decided to let my body heal itself. I refused antibiotics, knowing that they went against the natural laws that allowed the body to self-repair.

The problem was that my body was getting weaker and weaker, and so I was forced to go and see a GP. As expected, they put me on a week-long course of antibiotics. But nothing made me better.

A week later, my situation hadn't changed.

To make things worse, I kept on working. I stayed on at my job as a schoolteacher, in the special needs network in Saint Denis, Paris.

I exhausted my psychological and biological reserves.

In summary, I did 5 years of studies at business school, worked 5 years in management, and finally I spent 5 years working as a schoolteacher.

I did not find fulfilment in any of these roles. I was lost, with no mission in life.

I was still doing the raw vegan diet, eating lots of raw fruit and vegetables. As a result, I had lots of nutritional deficiencies.

In April 2023, I collapsed during a lesson. I couldn't breathe, and was unresponsive. My nervous system was running on fumes. It had been in "fight or flight" mode for too long (6 years). I had lost my vital energy.

I was in anaphylactic shock. This allergic reaction was caused by a dietary intolerance, especially to histamine. My body had been in a state of distress for too long (stress, deficiency, malnutrition, isolation, feeling like I was not in the right place).

My colleagues called the fire department, who brought me to the hospital.

b) My death experience

I remained conscious until the next day.

The medical staff had to put me on antibiotics during the night.

My body reacted violently. I was experiencing respiratory desaturation (loss of oxygen). Apparently my body was not used to this level of toxemia.

While in intensive care, I lost consciousness. The medical staff induced a coma in order to protect my organs. Deep down, I knew the cause of the problem. The detoxification process had been too fast. The toxins had been released too quickly, and in too great a quantity, within my body. We'll also see that viruses and harmful bacteria were responsible. These pathogens attacked my vital organs (first my lungs, then my heart, liver and thyroid). After that, my other organs must have been affected (notably the kidneys and pancreas).

With my immune system highly weakened due to malnutrition and the lung infection, my body was “out of order”.

The outcome: I was in a coma.

I started waking up 8 days later, with a multitude of issues.

To start with I had pneumothoraxes (where the lung pulls away from the chest wall). In short, air was flowing past my lung.

I had severe trouble breathing. In medical terms, I was “desaturating”.

When I regained consciousness, I panicked as soon as a nurse came into my room. They had to feed me via a nasal tube...there I was, an avid believer in natural health, being fed through a tube. Not to mention the drugs...I refused everything, but couldn't communicate.

I couldn't speak, or swallow, or move... Believe me when I tell you that when your nervous system's going haywire, it's very difficult to live through that kind of experience.

Anytime the medical staff gave me something the desaturation would begin, and I did not have enough oxygen to breathe.

Then came the respirator – how could I forget? It caused me several episodes of insomnia.

My body couldn't hack the respirator.

My weight dropped from 40kg before going into intensive care to 33kg.

Evidently, all the reactions sparked by the toxemia inflicted on my body had caused me to lose weight, until I had reached a point of substantial malnutrition.

Looking ahead, the medical staff wanted to perform a gastrostomy. This involves creating an opening in the stomach and inserting a feeding tube...but I knew the IV food bags weren't working for me at all. So who did they work for?

I weighed just 33kg, at 178cm (5'8") tall.

I had four transfusions and blood tests, but I dodged vaccination (very fortunately) because I said "no" by shaking my head.

I had problem after problem, which prevented me from being moved to a recovery ward. My body reacted to everything: drugs, food, oxygen.

I was in a state of constant oppression. My body was constantly flooded with adrenaline, and my adrenal glands were also secreting a great deal of cortisol – the stress hormone.

The medical staff cleaned me up, emptied my bedpans and administered a whole battery of “treatments”. Having always been something of a prude, I can tell you that I immediately felt “defiled”.

I had two chest drains inserted, which allowed my lungs to re-inflate.

I also needed a cannula to help me breathe, which required surgery to insert. On top of everything, I now had a hole in my throat.

I couldn't go on. I was constantly struggling to breathe. The nurses flushed the discharge from my cannula in order to give me relief.

Everyone wondered why there was so much discharge.

I knew the reason: my nervous system had been profoundly impacted.

To the extent that my vagus nerve (the most important in the human body, which connects the intestines to the brain) was in complete failure.

We'll come back to the causes of this failure when we look at the causes of disease.

I was then transferred to a recovery ward in Forcilles, in Seine et Marne outside Paris.

I still had my gastrostomy tube and was hooked up to the respirator, although the medical staff wanted to “wean me off” this machine. Then there was the cannula.

I still couldn't move or swallow properly. I spent all day staring up at the ceiling.

Also, I had developed bedsores almost everywhere: on my head, back, hamstrings, buttocks, legs, etc.

I was in constant suffering.

The hardest thing for me was being classed as an anorexic. What is anorexia? The refusal to eat, quite simply.

Was I refusing to eat?

The answer is no.

I knew that many types of food were harmful to my body.

I refused to poison myself. Eating to nourish the body rather than to destroy it seems fairly logical to me.

The medical staff transferred me to an armchair to help spur my recovery.

The problem was that between my bedsores and neuropathies (damage to certain nerves), I found the seated position very painful.

I asked to be put back in bed after barely an hour.

Since I couldn't even push a button to call for help, the staff set up a machine so I could call them using my head.

I couldn't switch on the television, so the medical staff had to do it for me.

All throughout this experience, my family came to see me as often as possible. The problem was that they did not understand the cause of all my issues. But I knew.

In December 2023 I had my cannula removed. After several tests with speech therapists, I was able to eat again. And I could talk...

As you can imagine, I had no great desire to eat hospital food. I knew that it would spark a whole heap of reactions.

The worst thing was that the medical staff could see I was "desaturating" every time I ate. But nobody reacted.

I wanted to be released, so I kept eating. I didn't want them to think of me as some fanatic, obsessed with diet and nutrition.

Then came the hammer blow: a fresh lung infection. Oh yes; not surprising given the food I was eating. I had asked for all medication to be stopped immediately as soon as I could.

I was once again transferred to intensive care, then to a pulmonology ward. And just like that it was back to the antibiotics and enteral nutrition (a feeding tube)...

It seemed that my nervous system was headed for destruction.

I wanted desperately to get out of there, and to get my life back.

My body held on long enough (though how I do not know), which allowed me to return to a recovery ward in Saint Denis, in March 2024.

From this moment on, I devoted myself more than ever to getting home.

My objectives were to stop all medication and enteral nutrition, heal my bedsores, close the tracheotomy orifice, heal my bronchial dilation, recover all my motor functions in order to regain my full autonomy, to reduce my neuropathic pain, address my circulatory and thermo-regulatory issues, heal all my wounds, and deal with my skin issues (eczema, rosacea, etc.). It was a long list.

At all costs, I had to get back to eating through my mouth.

I knew the cause of all my symptoms, but I couldn't talk about it.

It was the pathogenic viruses and bacteria that run rampant when you give them the wrong food, or suitable food that is too detoxifying, too quickly. I knew that they thought I was just an anorexic lunatic.

I got back on my feet by myself. I forced myself to stay upright for 3 hours a day, in order to re-familiarise my body with a standing position and the effort required.

Then I started walking, first with a walking frame.

I walked in the corridors for 3 hours per day. The medical staff thought I was doing it to burn calories. I ignored their looks of pity. I knew why I was imposing this routine upon myself: so that I could return home and get my life back.

Then I was treated to a two-month long bout of sciatica. Anytime I got up or stayed seated for too long, a terrible pain shot through my back. My body was in a state of constant inflammation. The laws of nature were not being respected.

This didn't stop me from walking 3 hours a day and doing my physio exercises.

I had a speech therapist to help me eat orally again. The medical team thought things were going down the wrong way when I swallowed, so they wouldn't let me eat through the mouth.

We'll see that this was not in fact the case. Because my vagus nerve had been affected, the swallowing reflex was slower. Moreover, the food I was given was not suitable for human consumption.

I insisted on being allowed to eat with my mouth again. I focused more than ever on my SLT exercises.

As a result I was able to eat again – no more food pouches. I had achieved my goal.

Now they couldn't keep me locked up and forbid me from leaving the hospital.

I got permission to go home at the weekends. I felt it was vital to be able to go home, so I could start to heal my nervous system.

All throughout my time in hospital, I met people who had severe pathologies: Lyme disease, vascular brain injuries, diabetes, cancers, etc.

And I knew the cause of all these illnesses: pathogens (viruses and harmful bacteria) building up in the body to a point where the nervous system is no longer responsive. The body develops these illnesses in order to sound the alarm.

Pathogens attack the body's various organs.

We'll come back to this point in the second section (“The Causes of Illness”).

Through my force of will, I was able to return home.

I had a strategy in my head to get my life back on track and help as many people as possible.

During my 14-month stay in hospital, time became relative, as you can imagine. Each second felt like an hour.

c) Resurrection – returning home

I spent 14 months in hospital (9 months in intensive care and 5 months in recovery wards).

In June 2024, having returned home, I applied all the rules of natural health that I knew. These included proper breathing, suitable nutrition, sleep, mental calm, and ensuring proper elimination of toxins.

We will look at these pillars of health in more detail in the third section. The results appeared very quickly, within just a couple of weeks.

Indeed, I was feeling less neuropathic pain, less brain fog and stress, and my bedsores were healing. I had fewer skin issues, my tracheotomy orifice was closing up, and I had fewer problems swallowing. I was regaining strength in my muscles, and the muscle retractions were starting to ease off. I was gaining weight, and starting to regain my independence.

I could now wash and dress myself. I regained feeling in my hands and feet. It was as if my body was trying to get itself back into a state of balance.

I know that full recovery would take a year, perhaps longer. You can't repair a nervous system in 3 days.

My goal was clear: to observe all the vital pillars of hygiene and stay alive, without putting myself under too much pressure. Indeed, stress leads to the secretion of adrenaline, which feeds pathogens and weakens our nervous system.

I needed to stop feeding the pathogens in order to render them dormant.

I knew that there would be an immune system reaction at the start of the process, as the pathogens would lash out in response. They react in both directions: when we fail to observe the laws of nature, and at the beginning of the process of applying them.

I needed to find my balance naturally (homeostatic balance) in order to regain my vitality and strength in my muscles.

What are the characteristics of a person with vitality, who shows good vital health?

A person with vitality is in a state of physical and psychological well-being.

They are at their ideal body weight (what they were designed to weigh) and have sufficient muscle mass. The goal is to be able to perform the movements we need to in our everyday and professional lives. Their muscle and joint pain is under control, as are any other neurological issues.

Physical and mental well-being is achieved by observing all the pillars of health (which I will describe in part 3).

To recover my vitality I had to avoid overexciting the pathogens, which meant not rushing too fast into detoxification. Otherwise I'd start losing weight again. I also wanted to live in harmony with my system of values and beliefs, while regaining my vitality. This system allows me to be the human I want to be.

I need to eat a sufficiently hypotoxic diet, while at the same time not detoxifying too quickly, in order to survive.

By rendering pathogens dormant, all my symptoms would disappear and my organs would repair themselves (including my lungs). Little by little, the inflammation would subside.

The rules of natural health that I will delve into, and which I apply in my own life, can and should be made flexible once remission from an illness has been achieved. This remission will become visible through the disappearance of neurological, physical and psychological symptoms.

The actions that I have implemented are EFFECTIVE FOR ME, BUT THEY MUST BE TAILORED TO THE NEEDS OF EACH INDIVIDUAL CASE.

Now we'll look at the causes of disease.

2) The causes of disease

a) Link between the gut microbiome and the nervous system

“You are what you eat,” as the saying goes.

“The gut is the body’s second brain.” “All disease starts in the gut.” The intestinal microbiome is made up of an array of bacteria and viruses.

A nerve links the gut to the brain: the vagus nerve. This is the most important nerve in the human body.

Various scientific studies have shown that our intestinal flora impacts our nervous system. Illnesses can be provoked by problems with the intestinal flora. Harmful bacteria and viruses produce various neurological, physical and psychological symptoms.

When the laws of nature are not respected (laws described in part 3), these symptoms, with which I am all too familiar, appear: neuropathy, paraesthesia, muscle retractions, difficulty swallowing, mucus buildup, difficulty with scarring, circulatory issues, eczema, rosacea, organ dysfunction (liver, lungs, heart, etc.), tachycardia, brain fog, depression, anxiety, poor nutrient absorption, difficulty with thermoregulation, intestinal dysbiosis (digestive issues), etc.

The gut microbiome therefore shapes our immune system and regulates cerebral inflammation. It must be diversified in order to remain healthy. If we only have the same types of bacteria in our intestine, it will become overloaded and imbalanced.

Our gut microbiome is what steers us. Good or bad bacteria and viruses dictate not only our dietary habits, but our general behaviour.

The goal then is to ensure that the “good” pathogens win out over the “bad” pathogens. When our intestinal flora is balanced, diseases do not occur. The balance of this flora is made possible by observing the pillars of health.

The goal is not only to maintain optimal health, but also to be the best person we can be (altruism, self-realisation, kindness).

We are what we eat, but also what we do.

b) Viruses and bacteria

Viruses and bacteria are passed down from generation to generation. The point of this book is not to describe every pathogen in existence. They are indestructible, and we must live in harmony with them, finding a balance in order to control them.

Since the 20th century, certain pathogens have proliferated and become more and more aggressive.

Notable viruses include Epstein-Barr (EBV) which causes a multitude of diseases: cancers, stroke, auto-immune conditions, depression, anxiety, gut issues, Lyme disease, diabetes, hypertension, etc. Over 90% of the world's population harbours the Epstein Barr virus.

For bad bacteria there are the various stains of streptococcus.

Pathogenic agents (viruses and bad bacteria) feed on certain substances (which we will look at further on). They multiply and provoke the majority of diseases our civilisation experiences. They drain our energy, exhaust our nutrient reserves and prevent us from being happy.

Pathogens can even go as far as to modify our gene expression.

What do they feed on?

First off, they multiply thanks to (or because of) the consumption of foods that are not suitable for humans.

We will look at the “diet” aspect in the third section (“Pillars of Health”).

Secondly, they feed on adrenaline. Poor breathing, low-quality sleep, and too much stress cause them to proliferate.

Thirdly, pollution in general, endocrine disruptors, electromagnetic waves and heavy metals are also all harmful to our nervous system.

We must therefore be attentive to all these factors if we are to render (or leave) pathogens dormant within our system.

When the toxemia induced by the proliferation of pathogens exceeds our body's adaptive capacity to eliminate it, the body develops an illness, which functions as an alert signal. So we must listen to our bodies. There is an overload of toxins.

This illness appears via various symptoms:

- Neurological-physical: muscle and joint pain, skin conditions (eczema, acne, rosacea), ENT issues (sinusitis, ear infection), coughs, fever, digestive issues, thermoregulation issues, difficulty swallowing, migraines, neuropathies, etc.
- Neurological-psychological: brain fog, bipolarism, depression, hypersensitivity, rumination, etc.

c) Appearance of disease, life-saving scientific theories: physics, chemistry, cellular biology, psychology and spirituality

. Metaphysical reflections

During my time in intensive care, reflecting on metaphysical questions helped me to survive, and to maintain a sense of perspective.

To my mind, if we took the age of the Universe to be 120 years, roughly equal to a “scheduled” human life expectancy, if light from the sun takes around 15 years to reach us on earth, we have 105 years left to live.

This is an illustration that shows that we have enough time left to continue living and fulfilling our mission in life.

Well, for myself it took a little while longer to come to this realisation: 35 years...

Another of my metaphysical reflections focused on the existence of a God. According to the philosopher Emmanuel Kant, there are three things that science cannot demonstrate: the existence of God, life after death (immortality) and free will (our freedom to act and to think).

I think that God is present in each one of us.

. Physics and chemistry

Certain theories from the world of physics provided an outlet during my hospitalisation.

The theory of relativity harks back to determinism. Einstein demonstrated that everything is determined. His analysis focused on great bodies (galaxies, planets), and the macrocosm. The speed and position of macroparticles can be predicted ahead of time. According to this theory, we can predict the future.

In my hospital bed, I asked myself if it was possible to foresee the future. Is the cause-effect relationship still true?

If so, I was lost, because my overall situation was looking catastrophic.

I preferred to believe in the principle of uncertainty rather than the theory of relativity, in a certain sense. This principle, established by Niels Bohr in the early 20th century, involves microparticles (the microcosm). According to Bohr, the speed and position of small particles are indeterminate.

Would it be my fate to pass on, or to survive? I preferred to believe in my survival.

The Theory of Everything was also central to my questioning. It seeks to unite quantum physics (which deals with the small particles of the microcosm) with the theory of relativity (which deals with the macrocosm, and large bodies).

An electron rotates around the nucleus of the cell, just as the Earth orbits the sun...

Is matter indivisible?

If this were the case, I was once again lost: all my organs had been impacted by my lung infection and malnutrition.

I prayed for this theory to be incorrect, and that some invisible force was working in my favour.

The Big Bang theory, which states that the Universe was created following an expansion, was also central to my time in hospital. It asks the question of the Alpha and Omega, of the beginning and the end of the Universe.

There had been an empty void, and gradually galaxies, planets and stars came into being. There were relations of cause and effect on an infinite scale.

There are two hypotheses for the Omega – the end of the Universe.

The “Big Freeze” evokes the idea of infinite expansion, until everything becomes so cold that the Universe disappears.

According to the “Big Crunch” theory there will be a retraction, like a balloon that blows up and then bursts.

The principle of intentionality poses the question of the Creation of the Universe, and the existence of a Creator (God).

Only the Creator knows the intention. There is therefore an apparent subjectivity and cause for the Creation of the Universe.

Chaos theory is based on the idea that a butterfly flapping its wings can have consequences on the other side of the planet, notably affecting the weather.

Everything exists in correlation. Extremes always end up joined together in the same unity. The Universe – the Real – is an All, a dynamic (not static) Everything.

There is a synchronisation in events, or in the functioning of each entity, each body, and each particle. In Hinduism, this synchronisation is known as the “dance of Shiva.”

The Moons spins on its axis just as the Earth spins on its orbit, and so we always see the same face of the Moon from the Earth.

The extremes that join together are: space/time, energy/mass, yin/yang, waves and particles.

All these theories of physics and chemistry led me to think about the Theory of Everything.

Relativity (Einstein)	Quantum physics (Niels Bohr)	Theory of Everything (EPR paradox)
Determinism	Indeterminism	Seeks to demonstrate the absurdity of the indivisible nature of matter
	Microcosm	Separates a body into two parts
Macrocosm	The behaviour of matter has an indivisible nature = indivisible system	The particles of the two bodies do not have the same behaviour because there is no communication between the two.
Predictable behaviour of matter	Everything is linked	Unachievable experience
Does not depend on the observer	Depends on the observer	

History shows that everything is connected. Indeed, the 1982 Aspect experiment showed that everything is connected by invisible wires.

Two microparticles communicate instantaneously, even at the other end of the Universe. The events are only the reflection of the same reality. We see things from a different angle, but it's the same reality.

Hence the importance of the observer's empirical vision.

The proof of God's existence is not quite rational, but rather is based on experience.

All these theories have a single aim: to prove the existence of a higher power that is the origin of Life.

Science shows that the Universe was created as the result of an expansion (the Big Bang), which occurred some 15 billion years ago. Matter was highly concentrated, then the galaxies and planets were formed from its expansion.

According to the Bible, God created Man on the 6th day...Before that came plants, marine animals, and dinosaurs. Then an extinction occurred.

The Theory of Relativity was the scientific point of departure that enabled us to prove that truth was hidden within sacred texts.

This proof is based on the link between gravity, mass, time and energy, speed, etc.

As you can tell, I had some time to philosophise during my months in intensive care. This is what allowed me to survive...

. Links between mathematics, physics, chemistry, cellular biology and psychology

These have been “on my mind” all throughout my journey over the past 18 months (from my coma to today).

A living being is made up of atoms, molecules, cells and organs.

Life is a structure of information leaning toward a goal.

Semantic view	Reductionist view
Analysis, software	Components, hardware
Brain	Atoms, molecules, cells, organs

The principle of incompleteness shows that we accept a theory or mathematical system to be true by knowing that the causes of this system, which are abstract theorems, are true.

The goal of mathematics, physics and chemistry is to create an equation that defines the evolutions of behaviours, of life, of human activities, of the movement of atomic structures.

The creation of the Universe and of Life were made possible thanks to the exact values of Nature’s constants (particle mass, value of the force of gravity, value of the electromagnetic force, the speed of light in a vacuum, the speed and force of expansion) and initial conditions (the Big Bang, elementary forces at the microscopic and macroscopic level, homogeneity of matter).

In this way the stars could appear, just like the precise temperature at which fusion occurs.

The Universe adapts to Life, and Life adapts to the Universe. This is the anthropic principle.

The creation of the Universe occurred by chance, caused by the influence of an intelligent and intentional creating force.

But when “the charity is too great, the beggar shies away...”

The anthropic principle proves the existence of a creator. While in intensive care, I found myself thinking back to this principle.

I don't believe in chance.

Science questions our free will and belief in immortality, and in God. According to Science, a living being exists only by chance, without any definite goal.

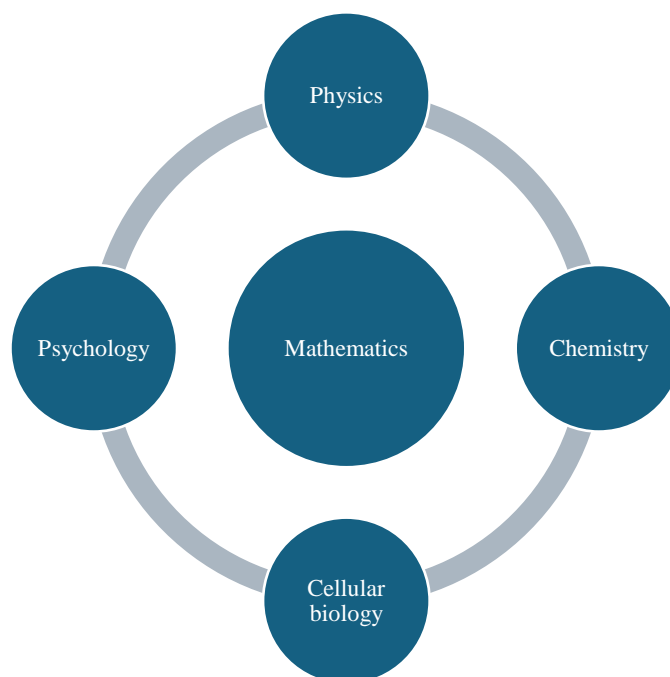
Science rationalises everything. Free will is only an illusion; our decisions are not taken with full awareness or full freedom.

There is social conditioning, which entails a lack of objectiveness, and of impartiality.

In this case, are we merely robots? I hope not.

We have a conscience...

All disciplines are interlinked, and interdependent. They are determinist.



Psychology depends on the state of the subconscious, the unsaid, which itself depends on our cellular biology.

So by changing our cellular biology, we change our psychology.

A disruptive incident will influence the initial conditions over the long term, according to chaos theory.

At the human scale, a childhood incident leaves a mark on the subconscious, which influences the present moment.

In terms of hard science and human science, every behaviour is determined, but they remain indeterminable because they are too complex.

The human brain is sometimes difficult to analyse...

Past	Present	Future
Determined	Free will	Determined
Impalpable	Logical awareness	Impalpable
	Experience	

In my hospital bed, I had to do a certain amount of psychological work in order to move forward and remain integrated with society.

My fears were centred on that which Science cannot show, and (like everyone) the fear of dying.

To resolve my fears, I needed to work on them every day.

I came to understand that love makes us vulnerable. Certain people avoid love in order to avoid suffering, but this is like the sun that chases away the storm in an instant. Today, I wish I could divide myself into several souls so that each could spend more time with my friends and family. But this is a utopian desire, so I re-attach myself to the present moment.

Reality hit me like a ton of bricks. We are not our own masters. We do not have control over the invisible, over imperceptible forces, over the microcosm of the living being. The macrocosm is determined, but the microcosm of the living being is indeterminable.

According to scientists, free will is an illusion. There is rational doubt regarding present events. Fear of the unknown has always been a problem for me. I've had to work on this in order to progress. Trusting the medical staff to correct my malnutrition was a struggle at first, as I was not in control of anything. I know now that I can act on the present, on my epigenetics, in order to be as well as possible without destroying myself.

If I take action for my brain, my gut and my heart, the entire mind/body system will function correctly.

According to Laplace's demon (first posited in the early 19th century), there is an infinite relationship between causes and effects. Today, I know that I can break the chain while continuing to observe my pillars of health.

From now on, I will own my personality. I know who I am, and what I wish to accomplish.

My knowledge and my lived experience have forged my critical spirit and my identity. My "EVERYTHING".

I affirm who I am; I embrace myself. I move forward with the idea that happiness is a means to life.

I act on the palpable, the visible, and the achievable.

I am on my own path, thinking for myself.

There are various paths via which we may progress: intellectual effort for some (books, discussion, etc.) or travel and exploration for others. It's up to each individual to choose their path toward happiness.

I understand that free will depends on a person's psychology, their identity, their education and their lived experience. Our values and beliefs, and our personal pillars of health, depend on these factors, which we cannot always control. Our psychology clearly influences our choices...

I have been able to adjust my own equation in order to find my inner balance. I act on my microcosm without harming my body and spirit.

My values are clear to me: to survive without harming any living being.☺ Animal welfare, the ecological question and geopolitics are also issues that concern me. My beliefs are based on my knowledge and spirituality.

My scientific knowledge has enabled me to evolve, as today I know that there is a determinism in our existence. The Universe is made up of matter, energy, the laws of physics, and the constants of Nature. The past and the future are determined; the present is palpable. The theory of relativity confirms this determinism. It is the proof of intelligent and intentional creation.

The concepts of space/time, yin-yang, and differing perceptions of time depending on where we are in the Universe (gravity, speed of expansion) shows a determinism defined from the beginning: the initial conditions of the Alpha, the Big Bang at point 0, etc.

The space of Paris/New York represents one same reality.

The past/present/future reflect one same reality.

Among all these concepts, MATHS/PHYSICS/CHEMISTRY/BIOLOGY/PSYCHOLOGY, I take action where I can, which is: cellular biology and psychology. Epigenetics... I use the scientific concepts.

I act upon the present: my actions and my pillars of health.

Genetics do not trouble themselves with the laws of mathematics. They take their tribute as they see fit. There is always an element of the invisible. So I don't have an answer to the question "why." I act on the "how." From there, I find solutions to continue living.

Now, I'm adding life to my days AND days to my life.

In the intensive care unit, I no longer had any hope. I was bereft of dreams, and in mourning for a happy future. I had a central venous catheter (central line) inserted beneath my skin to facilitate blood draws. I was also getting transfusions due to malnutrition and my low platelet count (bone marrow not functioning normally due to deficiencies).

The lung infection had caused a domino effect: severe respiratory distress, deficiencies, becoming bedridden, coma, rehab, etc.

I had a sterile room in the intensive care ward. I was completely isolated from the rest of the world, alone with my thoughts. My family provided daily support, and I don't think I'd have survived without their presence.

Talking required considerable effort, on the days where I could speak...when I had the cannula (during my intubation, to enable me to breathe), they used a writing board so I could communicate. Words are necessary to express our desires, our thoughts and our feelings.

I had basic comforts in my clean room: an anti-bedsore bed, a TV (though it did not always work, and I needed the staff to change channels for me).

The room was 10m² at the most.

I was dropping weight like Michel Blanc, but had the mental strength of Sylvester Stallone.

A memory is coming back to me. When I was in intensive care in Forcilles (Seine et Marne), three volunteers came to present their work and to help me recover my vitality and joie de vivre.

It was the day before I was transferred to a recovery ward in Le Bourget (Seine Saint Denis).

There was a Mime (like Charlie Chaplin), a professional dancer (like Michael Jackson) and a storyteller. All of it was accompanied by classical music (violin).

It was almost tailor-made for me; I love all these art forms.

Now, I know how to say: “I love you” to my family members.

This 14-month experience in hospital opened me up to the world; it was a sort of spiritual awakening; a Renaissance.

I need to check my health status at given times, taking blood samples and making the necessary adjustments. My metabolic weaknesses include the following:

I need to:

- Strengthen my muscles (indicator: creatinine);
- Heal my three “brains”: the brain, gut and heart;
- Ensure that my vital organs are functioning correctly (kidneys, liver, heart, thyroid, lungs);
- Ensure that my blood circulation is effective;
- Strengthen my bones (acceptable bone development visible in blood tests; the indicators are alkaline phosphates);
- My lack of calcium over the past several years needs to be rectified in a natural way. Bone marrow enables us to produce blood cells: white cells, red cells and platelets. If this production occurs correctly, our digestive enzymes are effective, ensuring balance within the system. If not, the mind/body system is thrown off balance, and the body dips into its biological reserves: organs and bones.
- Monitor my renal function (indicator: creatinine) and ensure sufficient hydration;
- Improve the speed of my nerve connections: reinforcing the nervous system;
- Monitor my protein results, which is a guarantor of biological integrity and a malnutrition indicator;
- Ensure that my weight is trending toward a healthy level;

- Check my vitals regularly: fever, oxygen saturation, blood pressure. Fever is an immune defence mechanism; it is the sign of the body's reaction to an imbalance.
- Ensure I avoid periods of aplasia (immune system offline) in order to combat any potential infection. In the intensive care ward, all my defences were down – both literal and figurative. As a result, I now have to do routine blood tests.
- A full blood count is a necessary test to check your immune status: you need to know how active your blood cells (white and red cells, platelets) are. In fact, these results also allow you to understand the cause of any dysfunction responsible for a domino effect (e.g. abnormal bone marrow development). Bone marrow produces blood cells.
- Check the body's reserves and defences in my blood circulation, in order to protect myself and avoid any infection.
- Monitor my ability to swallow; while in intensive care, I had ulcers in my mouth and throat. I was no longer able to swallow, speak or move. My nervous system was offline.
- Ensure that my body is absorbing nutrients, and that my defences are strong enough to protect me.

My life was like a Gaussian function: first on the rise, followed by acme and decline. Since I've returned home, this trend has been reversed.

Today I am no longer dealing with a chronic illness, and I can live my life. There is no longer a battle ranging within me.

I have conquered my fear of the unknown, and of death.

I now have a life philosophy that enables me to move forward.

This philosophy is based on mastering one’s fear, and I am now more willing to trust allopathic medicine.

I think back to the blood transfusions that enabled me to survive malnutrition. Of course, they sparked an immune reaction. I feared that the blood groups would be incompatible.

In the end, the cells managed to colonise my system correctly.

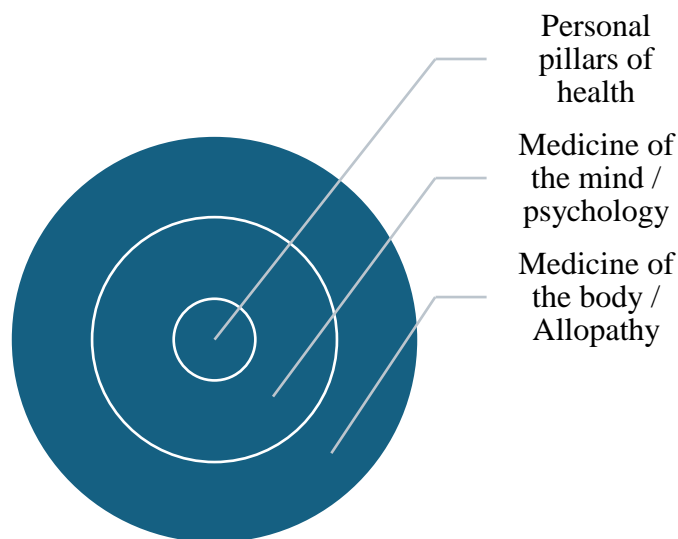
The microchimerism test (in-depth blood screening) confirmed that this “colonisation” was successful.

Today, my immune system is more robust and less sensitive, even though my blood history is less natural.

My white cells, red cells and platelets have regenerated over the past few months.

Although I underwent a temporary change in blood group, I am now a more welcoming host.

To summarise my psychological evolution with regard to my reservations regarding allopathic medicine, I’ll share with you this “work of art.” It helps to clarify my current health goals.



. Spirituality

Spirituality has been the core of my thought since I was a child.

Today, I can draw upon what I have learned from my research, notably on Buddhism.

The four Noble Truths (given by the Buddha) state that:

- All is suffering in the human condition.
- We fail to see life as a long river, ever-flowing. We want to maintain excessive control over Everything. This provokes our “Karma.”
- We can rid ourselves of suffering: all we have to do is take control of our lives.
- We can achieve “awakening,” a sort of nirvana.

God equates to what the Universe means to scientists. God is a creative force that has enabled the existence of (intelligent) Life, capable of ensuring its own survival. Here we find something human beings fear: their finite nature (the three things that science cannot prove being life after death, the existence of God and free will).

Immortality is a dream for the human being.

As such, there has been significant progress in artificial intelligence in recent decades: the exploration of new stars, looking ahead to when earth is no more (an inevitability in several million years).

God exists according to Science, and represents an intelligent and intentional higher power.

There is a point to our existence. It is not an accident, or pure chance.

The final anthropic principle proves the existence of a God, of immortality and of free will.

Therein lies intelligent life.

Life is a structure of information. It is not necessarily a “biological” body. “Hardware” is not necessarily a physical body.

Life is defined by the software: our conscience, our memory, our mind.

Dualism is based on the separation of body and mind. Dualism is among my beliefs.

For me, Life has a beginning and an end. This equates to the “Big Crunch”, the retraction coming at the end of the Universe’s expansion.

Everything has a beginning and an end: galaxies, planets, stars, plants, humans, matter, and particles.

However, intelligent life can subsist.

For me, humankind will leave its mark thanks to the “Noah’s ark of information.”

By writing this book, I am a messenger.

As a wounded animal, man protects himself.

An animal in danger goes into survival mode, choosing fight or flight.

With regard to my dietary behavioural issues:

- These are now resolved (much depends on one's frame of reference);
- My diet needs to be adjusted based on how well the chronic illness is being managed;
- Hypersensitivity has an advantage: anticipating serious illnesses, and living in alignment with our being.

According to the final anthropic principle, intelligence will survive.

According to chaos theory, intelligence will expand infinitely throughout the Universe. Hence the immortality of Life, the existence of God and of free will.

My free will is leading me to devote myself to others, rather than to raw knowledge.

At the end of his life, man understands that substance must win out over style, love over materialism, and the essential over the superficial.

Love takes priority over the forms of substitution we use to access it: glory, power, possessions, and money.

I savour Nature and the present moment, contact with my loved ones, and the simple things in life.

I seek sustainable rather than fleeting satisfaction. This sustainable satisfaction meets our human needs, which materialism does not. I choose love over materialism.

Desire is a longing; a vacuum that we seek to fill with fleeting pleasures.

I believe in a cyclical Universe, and so in a form of reincarnation.

Everything is possible. Everything is in a state of constant renewal.

The Universe is born, grows and dies. But knowledge survives and spreads.

God represents Everything: our actions, our thoughts, the visible and invisible.

I'll conclude this section on spirituality by saying that God is within us. So let us be genuine, by doing Good and looking after ourselves.

3) The pillars of health

As we have seen, we can send any illness into remission by reducing the level of toxemia in our bodies. This toxemia is exacerbated by the proliferation of pathogens (viruses and harmful bacteria). How can we reduce this toxemia and the development of pathogens? By applying the pillars of health necessary for natural hygiene, of course.

My in-depth research and experience have enabled me to detail these pillars of health below.

As a reminder, these rules of natural hygiene must be treated as flexible during recovery from a chronic inflammatory disease.

Lifestyles should be adjusted to fit personal situations (values, beliefs, deficiencies observed, genetic weaknesses).

a) Breathing

Proper breathing enables us to reduce brain inflammation.

Inhale through the nose and exhale through the mouth. The stomach should move in and out.

It was when I started breathing properly that my nervous system started to feel soothed.

Pathogens (viruses and harmful bacteria) do not like well-oxygenated bodies. Healthy cellular oxygenation scares them off.

The Epstein-Barr virus is highly sensitive to cellular oxygenation.

Our cells' energy powerhouse, the mitochondria, require correct cellular oxygenation in order to function properly and reproduce.

When we are oxygen-deprived, we understand how fundamental breathing is to staying alive.

My pneumothorax and my lung infection prevented me from breathing properly for months on end.

The ensuing domino effect almost cost me my life: malnutrition (as my body reacted to everything, so I lost weight) and loss of muscle mass due to inactivity (sedentary living).

Not to mention the other complications: bedsores, anxiety, neuropathies, etc.

I was dependent on medical staff to be able to breathe correctly. I had difficulty breathing every hour I was in intensive care. I reacted to every form of stress (histamine, negative emotions, intolerance to effort, etc.).

The moral of the story is: AVOID MALNUTRITION TO ESCAPE THIS DOMINO EFFECT. FIND YOUR OWN BALANCE.

b) Diet

Before we look at this pillar of health, I'd like to stress four points:

- All foods have benefits and disadvantages;
- People are not designed to eat the same things all throughout their lives;
- I am hypersensitive in both physical and emotional terms. This means I can immediately sense when a foodstuff is harmful. There's no countdown, no delayed reaction.
- My instincts and values have led me toward vegetarianism.

. A personalised, natural diet

Foods must be whole in order for their nutrients to be correctly assimilated by our body. We understand the intelligence of the living. Fruit and vegetable juices are an intellectual scam, as they have no physiological value. We shall see that they concentrate lots of anti-nutrients and vegetable toxins, to which our nervous systems are either already sensitive or will become sensitive down the road.

The body recognises the foodstuff's matrix.

Pathogens feed on certain foods in order to multiply and develop within our bodies. These are harmful foods in my case, which I have removed from my diet.

In order to stay on the road to recovery, I've had to remove certain animal products from my diet. My opinions on these are as follows:

- Eggs (even organic). The yolks are tolerable, but the whites contain complex proteins that cause a reaction in hypersensitive systems.
- Meat (although I can tolerate fresh or frozen meat if it's wild or at least organic). For me, eating meat is not natural.
- Fish is polluted, and too rich in histamine. Eating it isn't natural, but that's only for me.
- Dairy products (including raw and organic milk) contain growth factors. I can tolerate clarified butter (ghee), but it is often problematic for hypersensitive individuals as it is non-hypotoxic. Quality dairy products are worth trying.

Moreover, due to my chronic illness I've removed:

- All cereals (gluten, oats, rice, millet, etc.) as they are empty calories, and dead and polluted foods. Many people can tolerate rice.
- Legumes (these do not soothe my digestive system);
- Corn (as this food is a genetically modified organism);
- Soy (GM);
- All processed foods (all products sold in packets and/or containing endless lists of ingredients);
- Canned fruits and vegetables (processed at high temperatures);
- Refined sugar (industrial sugars and sugary drinks);
- All vegetable oils, which are not physiologically viable.

All the foodstuffs I've eliminated go against natural laws. They are inflammatory, and thereby impede any chance of remission. In my case these are harmful foods, due to my hypersensitivity.

My diet centres on:

- All types of fruit (local, but not solely);
- All vegetables;
- Potatoes and sweet potatoes (tubers);
- Garden peas, for extra protein;
- Avocado for lipids (average 1 avocado per day max);
- High-quality “vegetarian” animal fats and proteins.

These foods are anti-inflammatory. They help to combat pathogens (viruses and harmful bacteria).

They soothe the nervous system.

. Raw or cooked?

My diet involves both raw and cooked foods (roughly 50:50).

Most of the raw foods are fruits and salad vegetables.

I eat cooked vegetables and tubers (potatoes and sweet potatoes).

I cook my garden peas.

I eat fresh and frozen vegetables, both organic and conventional.

Any animal products are as organic as possible, and cooked “healthily.”

. Cooking methods

To avoid inflammation, microwave cooking should be avoided, as should any cooking method hotter than 90°C. At high temperatures, a process known as the Maillard reaction occurs. Moreover, cooked foods are more difficult to digest (digestive leucocytosis).

Gentle steaming or poaching are the best ways to avoid denaturing your food.

. Organic ?

I eat vegetables whether they are organic or not, local or not, in season or not. Any animal products are “wild” (unprocessed).

Personally, I have more faith in local farmers than I do in big companies selling organic products.

. Carbohydrates

These are the fuel of the human body. They enable us to deeply nourish our cells. I eat a lot of carbs. My diet observes the 70/15/15 ratio (carbs/protein/fats).

My carbs come from fruit, vegetables and tubers. Fruit and vegetables combat oxidative stress and cell ageing. They provide lots of antioxidants.

Pathogens do not like antioxidants one bit.

Ripe, raw fruit and vegetables are a powerful weapon against pathogens (viruses and harmful bacteria). They boost our immune system.

. Protein

This comes from vegetables (especially the cruciferous kind) and peas. Legumes can be an added source of protein if tolerated by the body's digestive system and inflammatory response. High-quality animal proteins (organic, grass-fed) can be consumed in accordance with each individual's values.

An appropriate human diet includes a moderate amount of protein (around 75g per day).

It's important to remember that plant proteins are less easily absorbed by the body than animal proteins. Quality animal proteins consumed in moderation help sustain muscle activity and tissue scarring. They contain greater amounts of arginine (an amino acid) than plant proteins.

It is therefore advisable to consume both types of protein: plant and animal. Variety is the spice of life!☺

. Lipids (fats)

Avocado and high-quality animal fats are my only sources of lipids. These are whole foods, and therefore respect natural laws. I limit my fat intake to one avocado a day, plus animal fats. This amounts to around 50 grams of fats a day.

In Nature there are three macronutrients (fats, proteins and carbs). Fats are therefore necessary. However, an appropriate human diet includes only moderate fat intake.

This is because fat thickens the blood and impedes detoxification of the liver, our body's engine. Excess fat can lead to provisional diabetes.

The liver is tasked with eliminating food toxins, but also heavy metals, endocrine disruptors and general atmospheric pollution.

. Water

Water must be natural. When you consume a diet like mine, you tend to be very well hydrated. Fruit, vegetables and tubers contain plenty of water.

In our society we are chronically dehydrated. Indeed, overconsumption of animal products, cereals, legumes and refined sugar all lead to dehydration.

With my hydration-rich diet, my body requires very little extra water. I consume water directly from vegetables.

Moreover, we all know that tap water and bottled water are not good quality. This water is dead.

My body is sufficiently hydrated, so I listen to it. Filtered water is a viable alternative in order to address a lack of hydration.

. Food combinations

When we eat a natural (unprocessed) plant-based diet like mine, the issue of food compatibility does not apply.

Indeed, carbohydrates represent 70% of my diet.

As such, I mix very little fat and proteins with carbs.

In general, I do not mix many foods. I also avoid mixing fruits with one another. I live as simply as possible.

. No medications, and avoiding all pollutants wherever possible

Medications mask symptoms, and do not treat the causes of disease. By taking a medication, we increase the toxemia in our bodies. We feed pathogens, which then go on to multiply, which intensifies the symptoms of the disease over the medium or long term.

All pollutants should be avoided (chemical soaps, aerosols, chemical cleaning products, toothpaste, etc.).

HOWEVER, ANTIBIOTICS MUST ABSOLUTELY BE TAKEN IN THE EVENT OF A LIFE-THREATENING EMERGENCY (NOTABLY INCLUDING AN INFECTION).

We just need to re-balance the microbiome once the infection has cleared. This rebalancing is made possible through a heavily plant-based, living diet.

. Stimulants should be eliminated

Coffee, tea, alcohol, tobacco and chocolate (even raw) should be avoided, or completely removed from the diet. They feed pathogens and weaken our nervous system. They also have a dehydrating effect. Table salt should also be limited as it is not physiological (sodium is present in foods in their natural state).

. Reactions to chemical compounds in vegetables: salicylates, oxalates, histamine, lectin and solanine

As regards fruits, vegetables and tubers, our reactions to chemical compounds found in these plants are overestimated.

At the beginning of the detoxification process, if a person has a reaction (digestive, cough, skin reactions or neurological reactions such as brain fog, migraines, muscle and joint pain, sensitivity to cold), this is a sign of their body eliminating toxins which have been trapped, sometimes for decades. Moreover, various pathogens (viruses and harmful bacteria) “take revenge” when this occurs. The Epstein-Barr virus is dangerous in this regard. A release of toxins occurs.

Reactions to the consumption of vegetables are linked to the improper functioning of certain organs (including the liver).

These reactions are known as auto-immune.

In order to counter this malfunctioning, we must take action in all the pillars of health described in this book in order to achieve a state of equilibrium.

In the event of a reaction to plant-based foods during the detoxification process, it's best to try something else...the reactions will die down over time.

If we start off with the idea that a food is going to be bad for us, well, it will end up being bad for us. Preoccupations of the mind are followed by pain in the body.

However, I must qualify this by stating that the quantity of fruit and vegetables must remain reasonable. Otherwise the detoxification will occur too quickly.

Above all, for any individual, excess consumption of fruits and vegetables will cause uproar in the immune system, as the pathogens will over-react.

Excess fructose (fruit sugar) is harmful to our organs, even if we do not consume a lot of fat.

Excess consumption of plant matter leads to poor absorption of certain vitamins and minerals (such as calcium, whose assimilation is disrupted by plant oxalates), as well as the proliferation of candida albicans (a fungus that feeds on sugar).

What's most important is that consumption of plant matter, particularly in its raw form (fruit and vegetables, grain sprouts, oil seeds) does not cover all our macronutrient and micronutrient needs.

We will delve into this further in the section dedicated to the intellectual obstacles to a strict plant-based diet.

It's also advisable to vary our toxins, and therefore to eat varied plant matter, and varied animal products (if you can, and if you want to).

The quality of plant matter also has an impact on reactions to detoxification (seasonal plants, locally sourced and organic are better quality).

We needn't obsess over how ripe fruit is. To benefit from their power, it's best to eat them "just ripe." If you eat them when they're less ripe, the fruit will be higher in salicylates, and if you eat them when very ripe, they'll be rich in histamine.

If you remove the skin, the fruit or vegetable will be lower in salicylates and pesticides, but will lose some of its antioxidants.

The rule is as follows: the threshold of a chemical component present in the system should not be exceeded. If the threshold is exceeded, you will be in a state of inflammation.

As always, everything is a question of balance.

Animal products are high in histamine, as are all legumes, oil seeds and over-ripe fruits. In high doses, histamine has an inflammatory effect. The quantity of histamine in animal products is lower if the products are fresh or frozen, and above all, unprocessed.

People experiencing fatigue or lacking vitality already have too much histamine in their system (endogenous histamine), so it's no good adding more into the mix (exogenous histamine). The resulting stress would be too much for both body and mind.

Oxalates are highly present in plant matter (tubers, oil seeds). However, if you eat them after cooking in gently simmering water and remove the skins, their oxalate content is reduced. Raw spinach is very high in oxalates. It's important not to overindulge, as with all raw fruit and vegetables.

Where there is excess, human beings pay the price several years later.

Cooked spinach is toxic due to the oxalic acid released during cooking.

Solanine is present in all plants of the nightshade family (tomatoes, aubergines, potatoes and peppers). It can cause an immune reaction.

The solanine present in potatoes can be reduced by removing the skin and cooking gently in water.

Lectins are found in all raw and cooked plants (cooking reduces their presence).

In summary, the truth always lies somewhere in the middle. If the threshold of any chemical is exceeded (salicylate, oxalates, histamine, solanine or lectin), your inflammatory response will be felt, and you'll need to empty the affected pail in order to restore balance. So empty the pail if your symptoms aren't going away over time!

We must also take into account our metabolic weaknesses in order to define a personalised diet.

. Moderate exposure to sunlight

Too much exposure to sunlight accelerates oxidative stress. Sun exposure should be limited to 30 minutes per day maximum, in the event of chronic illness. The body can synthesise enough vitamin D on its own.

. Imbalance between omega 3 and omega 6

Given that I eat relatively few lipids, my diet does not contain much omega 6.

Avocado contains plenty of omega 9 and some omega 3, but little omega 6. It is similar to olives in this regard.

Omega 6 is highly inflammatory.

Its consumption should be reduced as much as possible in order to send chronic inflammatory disease into remission.

Omega 9 and omega 3 are anti-inflammatory.

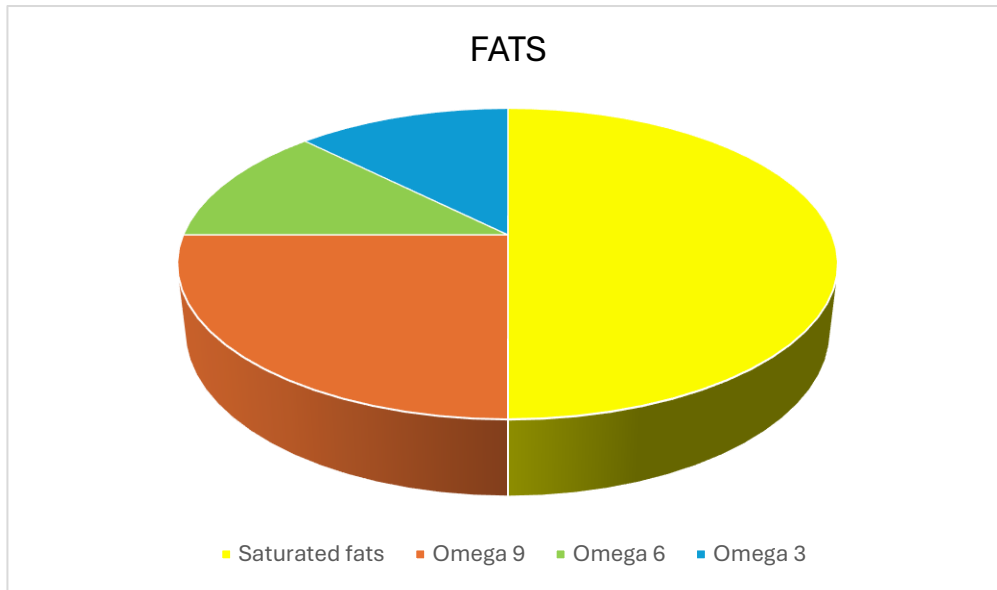
Animal products, particularly those of low quality, contain omega 6.

In general, harmful foods often contain omega 6.

Omega 3 is found in wild fish (EPA and DHA) and in high-quality dairy products.

Saturated fats are necessary for our internal balance. They exist in Nature. These saturated fats are present in animal products (dairy products, meats, small fatty fish, egg yolks).

My breakdown of fat consumption is as follows: 1/2 saturated fats, 1/4 omega 9, 1/8 omega 6 and 1/8 omega 3. I consume these fats in their natural form (no trans fats cooked at high temperatures).



. Intestinal permeability

Our intestines are made up of cells known as enterocytes. These cells are separated by tight junctions. These tight junctions enable the gut to remain “protected.”

The harmful foods I cited previously destroy these tight junctions.

This makes the intestine permeable, so the immune system over-reacts and pathogens run rampant through our system.

As a reminder, harmful foods include: all low-quality animal products, all industrial and processed foods, refined sugar, all vegetable oils, corn, soy, flavour enhancers, etc.

In summary, everything that is not PLANT-BASED, NATURAL (LIVING) and PHYSIOLOGICAL is harmful. Exception: certain high-quality animal products.

It’s also advisable to vary the plant matter we eat as much as possible, and plant-based diets must be sufficiently nutrient-dense.

The goal is to keep our digestive mucus in good quality, in order to guarantee good gut health.

. Eating in a state of awareness

It’s important to chew properly and to eat calmly. Being in a fully aware state soothes our nervous system.

. Fruits and vegetables harvested when ripe

Fruits and vegetables must be sufficiently ripe in order to be beneficial and digestible.

Unripe fruits and vegetables lead to indigestion, acid reflux and diarrhoea.

. PH balance

When you eat a vibrant, plant-based, varied and physiological diet, your PH balance should be fine.

Indeed, harmful foods tend to have an acidic effect.

Living plants (raw fruit and vegetables) and tubers provide the balance that the body needs, and have an alkaline effect.

Cooked spinach and tomatoes are acidic.

Acidic fruits can sometimes be difficult to metabolise for people experiencing fatigue.

Everything is a question of balance. An overly acidic system is experiencing inflammation.

There is also a risk of over-alkalinity. This can cause muscle cramps and hypotension.

WATCH OUT FOR MALNUTRITION...

The consumption of raw vegetables accompanied by high-quality animal fats ensures perfect balance.

Don't confuse a food's PRAL index with the PH of an environment.

- The PRAL is a measurement of a foodstuff's acid load. If it's positive, that food is acidic. If it's negative, the food is base.
- The PH of an environment can range from 0 - 14.

7 represents a neutral environment.

Between 0 - 7, the environment is acidic. Between 7 - 14, the environment is base.

. Glycemic index of foods

The glycemic index of food refers to the speed at which glucose is absorbed into the blood.

In summary, the higher the glycemic index, the greater the level of insulin secreted by our system. When the insulin level is high, our blood sugar level rises faster, which is bad for our health. Consuming foods with a high GI leads to lifestyle diseases such as diabetes.

Which foods have a high GI score?

All industrial and processed foods, foods containing refined sugar, foods cooked at high temperatures (above 90°C), etc.

Once again, when we eat a plant-based, living and physiological diet, the glycemic index ceases to be a cause for concern.

Indeed, this diet mainly comprises raw fruit and vegetables, and lightly steamed or gently simmered tubers.

Avocado has a very low glycemic index, as do garden peas.

Unprocessed, high-quality animal products have a very low glycemic index and are less inflammatory when cooked using hypotoxic methods (low-temperature cooking).

. Taste, aroma, appearance and texture of foods: engage your senses

The taste of raw foods can tell us if that food is good for us or not. Trust your natural instincts.

A raw fruit or vegetable that's not yet ripe won't taste good, so we shouldn't eat it.

Followers of natural hygiene believe that only foodstuffs which can be eaten raw are suitable for human consumption. Here, we'll examine how the theory differs from practice. It's very difficult to meet our needs by only eating raw foods, particularly for devitalised individuals. We die of hunger. Malnutrition sets in quick.

You're probably thinking, *raw potatoes are not edible*.

My response is that potatoes are a nutritionally dense food. Human beings need to consume at least 1800 calories a day. So we have no choice but to consume potatoes or sweet potatoes in order to meet these needs.

Otherwise, imagine the volumes of fruit and veg you'd need to be storing in your home...

Therefore, it's necessary to embrace a certain dietary compromise when recovering from a chronic disease, and even more so for a debilitated patient. Then there is the fact that eating exclusively raw foods leads to a great deal of stress and isolation. A raw food diet is therefore counter-productive.

. Keto, carnivore and FODMAP diets

These are extremely dangerous. They are completely deficient in essential nutrients, vitamins and minerals.

They are also much too high in fats, and often in protein (especially animal protein).

These anti-physiological diets feed pathogens, thereby leading to lifestyle diseases.

If a person follows this type of diet and thinks they've entered remission from their chronic disease, it's because they are now avoiding certain harmful foods such as industrial and processed products. As a result, their overall toxemia is reduced.

However, there will be a recurrence of the disease in the medium and long term, even if other pillars of health aside from diet are properly observed.

A varied diet adapted to one's personal needs is the best alternative for ensuring optimal vital health.

. Any overly restrictive diet should only be maintained for a limited time

A restrictive diet should only be followed with the goal of entering remission from a chronic inflammatory disease.

Once remission is achieved, certain foods which we know to be necessary and good for us (rich in essential nutrients) should be reintroduced.

If not, what kind of consequences will occur?

In short: malnutrition (deficiencies), weakening of the immune system, heightened risk of infection, increased dietary sensitivity, demineralisation, osteoporosis, dental problems, general fear, isolation.

In summary, we risk being unhappy.

Once they are in remission, a person can live according to their beliefs and values, now that their health is no longer in danger.

The individual must ensure they do not have any nutritional deficiencies, with good energy levels and good vital hygiene. It's important to listen to our bodies, and not to be afraid of the occasional blood test.

The immune system needs to keep working at a base level, otherwise we risk developing other pathologies and isolating ourselves socially.

. Intellectual obstacles to a strict plant-based diet

When we consume a plant-based diet, even one that is sufficiently vibrant, varied, physiological and calorie-dense, there are intellectual obstacles to overcome.

There are many good reasons to adopt a strict vegan diet: standing up for animal welfare, reducing our level of inflammation, alignment with our life philosophy, respecting a system of beliefs and values.

For my part, all these reasons justified my decision to follow a strict vegan diet initially.

I refuse to get into the subject of dietary supplements. These are anti-physiological, and the body does not recognise them. They can be dangerous as they are over-consumed, unnatural and individuated. It's necessary for a food's matrix to remain intact in order for the body to assimilate its nutrients correctly.

I advise you to take supplements if you have an observed deficiency (scientifically proven via blood testing). But I advise you not to do so blindly.

My body could no longer assimilate the food I was giving it. My assimilation issues cleared up very quickly. This resulted in a gain in muscle mass and higher energy levels. My weight is returning to a healthy level for me.

The pathogens are gradually returning to a “dormant” state.

How did I do this?

Long story short: I have a personalised dietary strategy. I eat simple, nutrient-dense food at regular intervals. You can peruse my strategy in part 3) K: “A typical day during my recovery.”

Below are the intellectual obstacles to a strict vegan and anti-inflammatory diet.

Vitamin B12: if the body is in a state of balance, it can secrete this vitamin. It's a way to check that we are free from deficiencies. Vitamin B12 is present in animal products (red meats, offal, eggs, and small oily fish).

Vitamin A in the form of retinol: this is only found in animal products (offal, eggs, red meat and small oily fish). The body can convert a small part of the vitamin A from plants: beta carotene. Carrots in particular are rich in beta carotene. Everything depends on the quantity of vegetables you eat. You'll need to check that you don't have any deficiencies. Animal products should be of superior quality if you have a chronic disease (unprocessed, fresh or frozen).

Vitamins D3, E, K2: vitamin D3 is synthesised by the body if there is sufficient exposure to the sun during summer. It's important to check for a lack of vitamin D3. Vitamins E, K1 and K2 are found in vegetables. Animal products such as offal, meat, fish and dairy products contain these vitamins. In order to send a chronic illness into remission, it's advisable to eat organic and unprocessed products (fresh or frozen).

Iron is present in plant proteins, but is difficult to absorb. Iron from animal products is more easily absorbed, but the heme iron found in animal products is also inflammatory. Here too, check for deficiencies.

Zinc is present in plants and high-quality (unprocessed) animal products. Zinc from animal products is more easily assimilated by the body.

Calcium is present in all vegetables when eaten raw or gently cooked. This calcium is more easily absorbed than the calcium in dairy, and is not inflammatory. However, calcium from plants is insufficient in order to ensure proper bone development.

Selenium is present in all vegetables, particularly seaweed. Meat and high-quality fish (wild, fresh or frozen) contain selenium that is easier to absorb.

Albumen is found in plant proteins (legumes, garden peas and cruciferous vegetables) and high-quality animal products (meat, fish, eggs, dairy products). Albumen from animal products is more suitable for human consumption.

Omega 3s are found in small quantities in all plants. Avocados contain omega 3s. Small oily fish such as sardines, mackerel, and anchovies are the least polluted fish, and contain omega 3s. You'll need to see if your body tolerates them, and decide whether eating animal products aligns with your values.

Magnesium is found in a varied, vibrant and nutrient-dense plant-based diet. Meat and wild fish also contain this mineral. Magnesium from animal products is more easily absorbed by the body.

Potassium: excess levels in certain plants lead to overdosing, compared to magnesium. This is notably the case with bananas and avocado. In my case, my potassium was too low while I was in intensive care due to my respiratory deficiency. There was not enough potassium present in my bloodstream, as it was being stored directly in my cells. My body overcompensated for this...

Iodine is present in all vegetables, and seaweed contains high levels. Meat and wild fish also contain this mineral.

Other vitamins and minerals: raw vegetables are rich in vitamin C and other vitamins and minerals depending on their quality, their ripeness and whether or not they are in season. Cooked vegetables also contain vitamins, although gentle cooking destroys some of them.

Silica is present in fruit and vegetables.

Excess serotonin is harmful to hypersensitive individuals. Serotonin is found in both animal products and plants (though in lower quantities for the latter). Bananas contain serotonin, so it's recommended to avoid consuming them in excess (the same goes for all animal products).

Health issues such as candidiasis, digestive problems (proliferation of bacteria in the small intestine) and other metabolic issues (such as diabetes, hypertension and cholesterol) are linked to an imbalance in the microbiome. Once the level of toxemia has been sufficiently reduced by observing the pillars of health, the microbiome will naturally rebalance itself. The pathogens will return to a dormant state. Candidiasis and the proliferation of bacteria in the intestine will clear up. Removing glucose from fruit, vegetables and tubers is therefore not a solution – on the contrary, we must consume plants intelligently. Our microbiome needs plant fibre.

Ecological “awareness” is a debate that deserves consideration. Indeed, consuming plants that are not seasonal and locally produced poses an ecological question. Exotic fruits (bananas, avocado, mango, etc.) come from far away. However, do you know how many litres of water it takes to raise the animals that are “used” for human consumption? It’s up to each individual to choose their path, and it’s not useful to exhaust our nervous systems with this debate. Each person must take their own responsibility, and is free to make their own choices.

The ecological impact of our consumption should of course be taken into consideration.

The anti-nutrients found in plants (toxins: oxalates, salicylates, histamine, solanine, lectins) cause or will cause problems for each of us if they are consumed in excess. To counteract plant toxins, it’s advisable to consume high-quality animal products. Indeed, animal products do not contain these same toxins. For example, quality (raw and organic) dairy products contain the calcium necessary to eliminate the oxalates contained in plants. Organic eggs are a superfood in the sense that they contain vitamins and minerals which are not present in plants (vitamin A in the form of retinol, vitamins D, E and K, choline, cholesterol, and oxalate-free animal calcium).

An excess of cooked starch (tubers, marrows, cereals, other vegetables) can cause inflammation. Pathogens feed on starch. Hypersensitive people should steer clear.

Plant toxins (oxalates, histamine, salicylates, solanine, and lectins) can be stored in the muscles and joints. So an excess of raw vegetables is harmful to our health, in particular for those who have illnesses affecting their connective tissue (collagen).

Plant toxins cause the nervous (and immune) systems to go into overdrive in all individuals, but particularly hypersensitive people. This means it’s important not to follow a vegan diet your whole life, as doing so risks nutrient deficiency and health issues. Once the chronic illness enters remission, we must experiment with reintroducing foods which are rich in essential nutrients.

It becomes more difficult to boost the immune system if our plant-based diet is too strict. Instead, we should engage in physical activity suited to each person’s ability, hot/cold exposure, vaccination, etc.

A plant-based diet provides little collagen. Collagen supplements are sometimes necessary for individuals with illnesses affecting their connective tissue. Indeed, collagen is found mainly in animal products, and animal collagen is more easily absorbed by the human body. Animal fat provides absorbable collagen.

In plant-based foods, avocado helps stimulate collagen production. The vitamin C contained in plants is necessary to stimulate collagen production.

Choline helps feed the brain. It is present only in animal products (egg yolk, butter, other dairy products, meats, and small oily fish).

Myelin is a recurrent issue in most diseases, notably auto-immune conditions. Let's explain the problem. In the event of a deficiency of certain digestive enzymes, certain nutrients (fats, lactose, fructose, etc.) are poorly assimilated by our cells. Consequently, these nutrients accumulate in our cells. This provokes an over-activation of the immune system, which attacks the increase in myelin. Myelin enables positive balance of the nervous system. If myelin levels are deficient, our nervous system is in a constant state of activation.

This leads to known neurological illnesses, such as leukodystrophy (a childhood disease characterised by gradual loss of motor functions, the five senses, cognitive function, and language).

We must therefore find a way to feed this myelin. A plant-based diet is entirely insufficient.

Only animal products such as egg yolk, meat and high-quality fish (wild, as organic as possible) and dairy products which are at least organic (or possibly raw and organic) can nourish this myelin.

Plants do not contain enough nutrients which are essential to the proper functioning of myelin, and therefore the nervous system. In fact, plant fats do not fully nourish our nervous system. Oil seeds (such as nuts and walnuts) are difficult for our digestive system to assimilate. Avocado can be well-absorbed, but is insufficient in order to obtain optimum health.

In summary, plants are only suitable for providing the right carbohydrates. When it comes to proteins and fats, only high-quality animal products enable us to fully nourish our body and avoid deficiencies (in micro and macro-nutrients).

Once again, BEWARE OF ALL DOGMA.

In cases of chronic illness, in order to incorporate fats and proteins, in particular those of animal origin, we can:

- Start using quality digestive enzymes;
- Start using standard medical treatments (anti-histamines);
- Live with the side effects of our food consumption.

N.B. regardless of your dietary choices, you should never consume any food in excess.

Otherwise, disease will emerge at one point or another.

IN ALL CASES, THE RISK-REWARD RATIOS SHOULD BE TAKEN INTO CONSIDERATION. ALLOPATHIC MEDICINE SHOULD INTERVENE IN THE EVENT OF EMERGENCY.

In summary, veganism is unsuitable for humans.

I can raise a more legitimate philosophical point of debate than that of ecological awareness.

Veganism leads us to sacrifice the body over the mind, due to its biological deficiencies. Is it worth sacrificing our health for?

Vegetarianism is a viable option to ensure correct vital hygiene. However, the body will not be in an optimal state of health. Deficiencies are possible.

Let's look at the examples of Hitler and Einstein. Both were vegetarians.

Einstein died of an abdominal aortic aneurysm, when relatively young.

Hitler became Humanity's greatest scourge, due to the trauma of his youth. His vegetarianism didn't save him, and Humanity paid the price.

THEREFORE, IT'S IMPORTANT TO ADOPT A PERSONALISED DIET.

It's normal to feel good when you're fuelled by carbohydrates; this is explained by human physiology.

But here the mind is nourished, not the body.

As a reminder, I don't advise taking supplements blindly. Blood tests are necessary to give a clear picture of your situation. Taking dietary supplements blindly creates imbalance in your body. The overall toxemia will increase.

Take the example of Jean Seignalet, who died of an overdose of digestive enzymes. He took them because he was unable to digest raw foods correctly (he was eating plants and certain animal products raw).

We therefore need a varied and non-deficient diet, adapted to our personal requirements.

Vaccination is sometimes necessary in order to protect our immune system. Pasteur was no fool.

STOP WITH DANGEROUS DOGMAS.

As regards plants and herbs, these are sometimes necessary to stimulate our immune system (sage, rosemary) and control inflammation (notably of the intestine and nervous system). But in the case of an auto-immune disease, they are not advised as they cause pathogens to over-react. Moreover, we often over-consume these plants. As a result, imbalance can occur rapidly in hypersensitive individuals.

Chlorophyll is often advised by naturopathy practitioners, but is not often effective as it increases the body's overall level of toxemia (the pail of salicylates and oxalates overflows). Imbalance occurs very quickly.

Some experimentation is required. Herbal supplements should be taken on a temporary basis. All long-term use is dangerous.

Pathogens become accustomed to our dietary intake. This is why it's important to consume a varied and balanced diet, to ensure YOUR inner balance.

All types of medicine need to be reconciled. They should work together in order to guarantee harmony within our society.

In order to balance our sympathetic nervous system (which activates stress) and our parasympathetic nervous system (which adjusts stress levels through relaxation and cardiac coherence), let's work TOGETHER...

CONCLUSION: SUITABLE DIETS FOR HUMANS

For people with good vital health, it's advisable to consume a mixed diet. This should be primarily plant-based, but with a small proportion of animal products. Eggs and high-quality dairy products (raw and organic) are essential to human health. Meat and fish are not essential.

For hypersensitive individuals with a chronic inflammatory disease, a personalised diet is required. This personalised diet can be optimised through experimentation, with the help of two tools.

- Genetic testing helps shed light on our metabolic weaknesses, our genetics and which foods will have an inflammatory effect on you as an individual.
- Dietary intolerance testing makes it possible to determine which foods pose a problem for us. I don't have much faith in the results of these tests. In fact, pathogens can react to both healing and harmful foods; they also react to the foods we eat every day. The results are often false.

Once again, everyone's right and everyone's wrong. Each person must find their own inner balance (mind/body balance). This balance is achieved through personalised dietary choices.

We shouldn't add extra pressure by having to manage nutritional supplements as well. Otherwise we stop truly living, and we risk unhappiness. Stress is harmful to our nervous system. Dietary perfectionism is impossible.

In order to send a chronic inflammatory disease into remission, we must take action for the other pillars of health in addition to diet.

c) Sleep

We need to sleep for at least 7 hours a night. I have applied this rule to myself. I take naps when my body needs them.

Sleeping calms the nervous system, allowing it to regenerate. Our muscles recover.

Our mitochondria, the powerhouses of our cells, are renewed and can function correctly.

Human beings must find techniques to promote good sleep: visualising happy moments in life, beautiful landscapes, etc.

Respecting our circadian rhythms (day/night cycle) and avoiding blue light (from screens) at night help us sleep better. The secretion of melatonin by our body enables sufficient sleep.

A chronic illness can cause insomnia...In fact, physical and psychological pain distracts our attention, to the point where it is all we can think about.

During my time in hospital, I found it impossible to sleep. The pain of my bedsores, my neurological physical and psychological pain, and the noise of the respirator and medical staff weakened me even more.

At night, the silence counterbalanced the inner din that plagued me. It suffocated me. I woke up feeling anxious, like my head was in a vice, my heart clutching at me.

I repeated this phrase to myself: a whole life is made up of a series of days. Each day is worth the pain. I was living from one day to the next. Alone with my thoughts, my TV and my radio...with my diving bell and my butterflies, and the writing board to help me communicate with my loved ones and the medical staff.

I had my own strategy to calm my nervous system (body and mind). I developed a philosophy of letting go. I had to trust in others and in my body to get me out of this tragic situation.

For someone who likes to be in full control (to the extent of pathological perfectionism), this was no easy task.

Cellular (and consequently, muscular) regeneration requires good bedding (which has to be changed fairly regularly) and body temperature regulation (controlling the temperature in the room).

We'll now look at a pillar of health that's central to our physical and psychological well-being: mental calm.

d) Mental calm

. Managing stress through meditation and religion

Meditation soothes the spirit, and by extension our nervous system. In our society, we forget to take our time, to relax, to not think about anything.

Meditation is a part of my everyday life (at least an hour per day).

It reduces cellular ageing and oxidative stress. We have fewer immune reactions when we practice meditation. Inflammation of the body and mind is reduced. We feel less pain.

Meditation enables us to maintain our inner balance.

In addition to meditation, religion brings a feeling of belonging to a community. If every human being listened to their inner Voice, the World would be a better place. Without spirituality, I would no longer be in this World.

Meditation and religion therefore have a role to play in the path toward remission from a disease.

. Moderate exercise

Physiotherapy is also a part of my daily routine (stretching, muscle strengthening, and deep-tissue massage). It helps me to be less rigid, and reduce the stiffness in my body.

Walking in the woods is my preferred physical activity.

EFT (emotional freedom technique) is highly effective. It uses acupressure points to relieve tension in the body. This is a type of energy healing for specific points.

Intense sport should be avoided, as this causes the body to secrete adrenaline. Adrenaline feeds the harmful pathogens within our bodies. The lactic acid produced during intense sport causes muscles to burn.

People who are fatigued, debilitated and suffering from chronic diseases do not need additional stress.

. Not pressuring ourselves to achieve perfection

Toxins are everywhere...fear is more harmful than eating charcoal-grilled red meat every day.

I know omnivores who are more altruistic and pleasant to be around than certain “vegans” who are fully obsessed with their diet.

. Positive mindset

A positive mindset enables us to achieve our objectives. It opens the door to a happy life filled with personal and professional successes.

. Emotional regulation. Healing the body heals the mind, and vice versa.

Regulating one's emotions enables us to achieve physical and mental well-being, optimum health, etc.

Why do Tibetan monks live so long, and in good health? Because of their natural, plant-based diet and their life philosophy centred on altruism and self-control.

. Reconnecting with Nature, walking in the forest, contact with trees...

Contact with Nature played an important role in my recovery.

. Practising gratitude

We must be thankful to life for what it brings us.

Gratitude enables us to be satisfied with what we have, and to be happy.

The culture of “always more, more, more” leaves us permanently unsatisfied, and therefore unhappy.

The philosophy of “Carpe Diem”, which means savouring the present moment, is an incredible asset for achieving happiness.

When you've felt death's embrace and then been released, you savour every moment thereafter. Just being alive is enough.

. Detoxing ourselves from media and social networks, staying away from toxic relationships and electromagnetic waves

Traditional and social media are sources of anxiety and frustration.

We have to free ourselves from this source of mental pollution. Instead of polluting our minds, opt instead to spend time with your loved ones, with other people, go walking in nature, read a book you enjoy, etc.

Toxic relationships should also be avoided at all costs. They disturb your general well-being and prevent you from achieving optimum health. They are “energy vampires”.

Electromagnetic waves are harmful to our health.

Do everything you can to avoid them wherever possible. With WIFI becoming more widespread in our society, we do what we can...

It's advisable to respect our circadian rhythms (i.e. the day/night cycle) and to avoid "blue light" (screens) after 6pm.

. Developing self-esteem

Believing in ourselves and our abilities strengthens our determination to achieve our goals.

How can we develop self-esteem?

First and foremost, by respecting our bodies and minds.

You have to respect your body by giving it the food it needs.

It's also important not to mistreat your body by imposing disproportionate physical activity or an unsuitable career, etc.

Let's respect our minds by giving them time to rest, and by affording them the mental calm I've been talking about throughout this book. Above all, we must live in accordance with our values.

. Freeing ourselves from emotional trauma

We must free ourselves from negative emotions (sadness, jealousy, anger, regret, etc.) by opening up to our friends. This creates anchorage. It's essential to keep things in perspective, and above all, not to bottle things up. You have to surround yourself with people you love. The goal is to liberate your energies and get rid of any physical or mental tension.

Work by various researchers has demonstrated the link between people's emotional status and illness. For example, auto-immune diseases are often triggered by episodes of emotional trauma (loss of a loved one, separation from a partner).

These traumatic experiences can sometimes be generations-old (transmission from mother to foetus). Cortisol, the stress hormone, is passed to the foetus. This is known as generational trauma.

Our scars can heal if we accept them.

In biological terms, trauma is explained by the proliferation of pathogens, which feed on our unhappiness and gradually attack our organs (thyroid, liver, pancreas, heart, brain, lungs, etc.) depending on our metabolic weaknesses.

. Music therapy

Music therapy has also been an important factor in my journey toward remission. It soothes emotional and physical tension.

. Contact/links with others

Scientific studies show that connections with other people make us happy. Love, in other words.

Furthermore, remember that the pathogens residing within us do not like us to be happy.

During my recovery, I've sought to be at peace with the people who cross my path. I've sought to free myself from any feeling of guilt, and to make up for lost time.

Contact with others also enables us to practice self-deprecation and to laugh.

. Altruism and compassion

Being of service and focusing on others makes us happy. Doing so enables a form of self-accomplishment.

When you've had as many illnesses as I have, you understand that without suffering, there's no compassion – so let's help those who are suffering.

. Alignment with the self in order to achieve fulfilment and attract abundance

Human beings need to make an emotional effort in order to live in accordance with their values and beliefs.

Ask yourself the right questions. What do you want to do with your life?

. Getting rid of limiting beliefs and prejudices

All “parasitic” thoughts prevent people from achieving their personal and professional objectives.

“Don't judge a book by its cover”, as the proverb goes.

. Not comparing ourselves to others

Human beings need to be sure of their choices if they wish to succeed in achieving their objectives. Autosuggestion can help us to succeed.

Each person is different to the next. Humans should see their differences as an asset. Hypersensitive individuals have a particular gift. They do not operate with the same cerebral mechanisms as neurotypical people.

. Using projection

Telling ourselves “I’m going to make it”, and visualising where we’ll be in 10 years can help motivate us to achieve the happiness we seek.

. Using others as a “mirror”

Other people can help human beings to find themselves. A solitary quest to find ourselves is an impossible undertaking. Think back to Plato’s allegory of the cave, which you may have studied at school.

Other people help us to determine why we’re on this Earth, so we should listen to worthwhile advice.

Other people can bring us back to who we really are. We need to face the outside World and other people in order to move forward.

. Finding ourselves

When we experience failure, we must ask ourselves questions. This is an opportunity to start from scratch. There’s nothing to lose. This involves changing our ways of thinking, and being brave.

. Avoiding all rigidity, which is counter-productive and a source of isolation

When we are in remission from a chronic illness, it’s wise to adopt a more flexible stance, both in behavioural and mental terms. The goal is to live happily within society. Fear grows out of being too rigid.

. Changing perspectives when we know that we're not heading in the right direction / opening our minds

Wanting to perform a “reset” in your life without taking action doesn't get you anywhere, apart from having to live with regret for the rest of your life.

After setting off to discover ourselves, we need to have the courage to embrace our life choices and take action.

For my part, before my lung infection and coma I no longer had any mission in life. I was lost.

Life had to remind me to change my horizons. Now I know that saving people who are suffering is my mission in life.

. Letting go of events we have no power over

Now that my body is in good condition, I let go of the things I can't influence. For me, these include the closure of my tracheotomy orifice, the total disappearance of bronchial dilation, and the disappearance of muscular retraction in my fingers and toes (extremities).

I am letting my body regenerate naturally. Only it has the ability to do so.

By gaining experience, we learn to let go of traumatic events in our lives (especially the death of a loved one). We gain perspective over events by creating a hierarchy of priorities.

When learning to let go, I'll share some of the solutions drawn from my own experience. Human beings panic and self-destruct out of fear of our finite nature.

We have to free ourselves from all indoctrination through tolerance of ourselves and of others. We mustn't be too hard on ourselves. Dogma is dangerous and toxic, in the sense that it makes us isolate ourselves and prevents us from being happy. Balance between body and mind is impossible when we are in a state of indoctrination, because this means we do not have freedom of thought, or critical ability.

Don't think of yourself as being “above the crowd”. We're all mortal. Nobody holds the secret to the philosopher's stone.

Detach yourself from the outcome to be obtained from your actions. Wanting to do something well doesn't guarantee the desired result. Take my book as an example. Nothing guarantees that my work will convince or persuade readers, or help to soften the vision of certain intransigent individuals, or those who lack tolerance toward themselves or others.

Remain integrated within society. We mustn't shut ourselves off on a given path. This is a dead end. The mind-body system reminds us of this error. Mediums, for example, are toxic and do not really exist. When they give us visions, they take advantage of people's suffering for their own personal enrichment, and trap people within inaccurate, fear-based beliefs. Being a believer doesn't mean believing the impossible and self-destructing. A minimum of rationality must endure. Spirituality aims to help the human species, not to profit from its pain. So science and spirituality have the same goal: healing our physical and psychological pain.

. Developing resilience; our ability to take hits and failures

Failure is how we learn. You have to be able to get back up in order to move forward. One step at a time...

It's necessary to perform cerebral reprogramming (limbic system retraining) in order to develop different areas of the brain, which in many cases may have atrophied due to trauma. This reprogramming involves substantial emotional effort, and training our awareness of the self.

The aim of this reprogramming is to develop our specific interests in order to achieve our full potential.

The earlier on in life that we undertake this reprogramming, the more our brain benefits from its "plasticity" – the ability to adapt to the difficulties of existence.

According to my caregivers, my marathon-runner's mindset is what saved me.

. Error is a learning experience

Being at peace with the past is essential for our well-being.

The mistakes we make enable us to move forward and find our path.

In my journey toward remission, I've been obliged to forgive others and myself so that my conscience is less active, helping to soothe my mind.

How can you be at peace with yourself and with others?

The solution is learning to console others and yourself.

Consolation involves respect and tolerance (values, beliefs, each person's personality and choices).

. Memories of happy moments

Think back to the film *Harry Potter and the Order of the Phoenix* (Book 5). Harry visualises happy moments from his life in order to combat the greatest dark wizard of all time (images of his parents, his friends, and his successes).

My technique for overcoming difficult moments is the same.

During my coma and time in intensive care, I called upon my past happiness so I could stay on Earth.

My family came to visit me, as did my best friend. This is what kept me Alive. I thought about the most important people who couldn't come to support me during that struggle.

. Forging one's personality/ the power of saying "I"

Before my near-death experience, I didn't have much in the way of character. I didn't stand out.

Now, I decide what's good for me (pillars of health: standing by my dietary choices, life philosophy, choices in my career and private life).

I give my opinion when I don't agree, regardless of the issue (private life, news, etc.)

. Vital: acceptance of who we are, of our choices and our differences

It was from the moment I accepted my autism that I started doing better, both physically and mentally.

Prior to this acceptance I was turning in circles, and always dwelling on things (rumination).

Everyone needs to express themselves; we are all different. We must accept our differences and use them as an opportunity to bring our own contribution to the world.

You'll have noticed that I have quite a peculiar character. I don't believe that autism is the be-all and end-all. It is the reflection of a defective nervous system. It is up to each individual to regulate this by taking action on their way of life (the pillars of health) which must be individually adapted.

However, there are nonetheless certain constants that determine who we are: genetics, experience and upbringing.

I rationalise everything, and make inferences (connections) constantly, which is tiring for others. I like to feel safe, and to stay within my comfort zone. Fear of change is also a frequent condition of autism. We are creatures of routine.

I calculate everything; even when the numbers aren't there, I create them. My brain is often in overdrive.

I often feel misunderstood, and subject to the judgemental regard of others. So I isolate myself. I avoid toxic relationships.

I push myself to the limit in the things I can do, and in the things I'm passionate about. Without trying to protect myself. The result is not always what I intend. I want to do everything to obtain my desired result. If I find myself at an impasse, I'll do everything I can to find a solution.

I'm very familiar with theory, and I take a broad view of things.

People with autism have a reputation for only thinking of themselves, and not feeling anything. Quite the opposite is true. We have too many emotions, and we struggle to regulate them. We feel powerless when faced with situations we have no control over. As a result, our nervous system gets tangled up (anxiety). It is a vicious cycle. We like to be in control, and we struggle to trust.

To sum up, I exist almost in a "bubble". I express myself in writing to share my knowledge and experience. Oral communication isn't really my cup of tea.

But I try to progress every day. The most important thing is that I try to help people as much as possible.

I trust in my points of improvement, which have often caused me difficulties. Some of these are part of my identity.

I hate conflict. I prefer to resolve problems through diplomacy and tolerance. The problem is that this can create an imbalance of power that is not to my advantage. I am seen as “weak”.

I value my peace of mind, and calm situations.

I struggle to say “no”. This is seen as a weakness in terms of the balance of power.

I often experience a lack of affirmation of my personality.

I am better able to manage my emotions in writing. In spoken communication, I have always felt like I’m not being listened to. My anxiety has greatly reduced during my journey to recovery. The fear of leaving my comfort zone is still very present today.

The fear of not being liked is quite present in my subconscious. This is caused by social and educational conditioning.

My introverted nature often creates false pretences. People think that I do not place any great importance in what they’re saying, and infer ego-centrism on my part. They think I am in denial when I feel things inside and “head-on”.

I am a theoretician, but alongside this I have a great weak spot for practice. In science class, I remember scoring very highly in theoretical exams but very poorly in practical experiments.

Conclusion: I need to work as a theoretician, surrounded by people with whom I feel “myself” and not judged; by tolerant individuals.

I hesitated to do so, but I finally decided to “jump off the pier”. I’d like to tell you about the genetic illness nature has gifted to me: the EDS/MCAS/POTS trio.

EDS is a genetic illness affecting the connective tissue (collagen). It affects all tissue in the body, including muscular fascia. These represent at least 75% of the human body. The illness impairs the quality of muscles, joints and tendons. Collagen is present everywhere, including the intestinal walls. If its quality is impaired, all bodily functions are impacted.

MCAS is a condition in which the immune system is activated by the slightest onset of stress (emotional, poor diet, lack of sleep, trouble breathing, difficult bowel movement, etc.). This explains why I am so attached to my pillars of health: this activation of the immune system weakened my health outlook, causing me to lose weight and causing pathogens to over-react.

POTS refers to the onset of tachycardia after minimal effort, when the body is off-balance. Once again, my insistence on the pillars of health becomes clear. I need to fight against this autonomic dysfunction.

What is the underlying cause of this infernal trio?

Simply put, pathogens – though I won’t go into detailed descriptions of the viruses and bacteria involved.

Epstein Barr and streptococcus are not the only culprits.

They have modified my gene expression (gene alleles).

As a result, I have to observe my rules in order to modulate brain inflammation and regulate my nervous system. My microbiome has to remain sufficiently healthy.

I think of myself as a “lifestyle “architect”. My pillars of health enable me to survive.

Syndromes mean everything and nothing all at once. They represent an imbalance of the body and mind, and a collection of symptoms.

Allopathic medicine offers solutions that run contrary to natural laws in order to “treat” this powerful trio.

These involve dietary supplements or digestive enzymes to help the body rebalance itself, as well as compression clothing.

I have tried these recommendations. They have had no visible result over the long term. Their only effect has been to increase the overall toxemia of my body and mind.

. Finally, following your heart and trusting yourself

Follow your heart and it will tell you which path to follow. Be certain about the challenges you undertake. You are the only person who can take charge of your life. So be bold!

. To sum up the secret to happiness and psychological health, I use a code of conduct defined by the following rules:

- Be at peace with yourself and with others to move forward;
- Have your feet on the ground and your head in the stars;
- From time to time, listen to the silence, get lost in your own mind, do nothing...Prioritising our tasks is necessary in order to avoid cognitive overload.
- Free your spirit: free yourself from addictions and fears, and retain your critical thinking. Fight off mental toxins (including rumination) and your limitations. Liberation of the mind comes through a sort of “catharsis”, a purging of the passions.
- Let’s give ourselves the means to achieve our goals by embracing who we are and the consequences of our choices, so we can progress in life. Things might have to "break".
- Cartesian doubt isn’t the best solution for assuaging our need for accomplishment (Happiness, Life mission). Let your emotional brain speak.
- Dare to embrace change from time to time, as well as judgement from others, in order to progress.
- Always be yourself, and stay true to your convictions.

Why has my near-death experience not repeated itself?

Together, let's look back on my status after I was admitted to intensive care after "going into" the coma.

The doctors highlighted the fact that I was a miracle, and a medical mystery. In theory, I shouldn't be here communicating with you.

My doctors searched for the cause of my repeated lung infections.

They started by testing me for cystic fibrosis. The results were inconclusive. They concluded that I had long COVID, along with a highly weakened constitution (deficiencies, fragile immune system).

This led to a domino effect: bedsores, loss of muscle mass, inability to move, swallow or speak.

This experience will not happen again, for the following reasons:

. I know who I am today. I will always stand up for minorities and those who are suffering. Nothing is impossible as long as your heart is still beating.

. I now know that living with a genetic illness is possible. This is proven by the progress I've made and my daily tribulations.

. I am now able to work on co-regulation and connection with others.

. I want to make my own contribution to improve things, at my own level.

The picture that I painted while in intensive care was an image of what the World would look like if no-one took action.

. I'm in a phase of acceptance of my chronic illness.

- . I understand now that we must develop what Nature has given us, to our full potential.

- . I'm doing everything I need to in order to get better: energy healing, spirituality, etc.

- . I have accepted my autism, and am developing my own specific interests.

- . I work on my areas of improvement every day.
 - Altruism; helping other people without judgement;

 - Learning to forgive ourselves, and others;

 - Maintaining connections with others so we can hear their advice; eschewing isolation and developing tolerance;

 - I understand now that we can't save the world: we must develop our sense of altruism and kindness while leading our own lives.

 - I work on my tolerance every day, and accepting others for who they are.

 - I live in accordance with my values and beliefs. I will always defend them with determination, while simultaneously tolerating the values and beliefs of others.

 - I protect myself. This requires being kind to myself, and to others. I detach from other people from time to time. You can only help those who want to be helped.

 - I practice self-improvement in a more moderate way than I used to.

 - I try to keep the right perspective, which is made easier by experience and knowledge.

My autism makes it harder to work on the following points, but I'm getting there one step at a time.

I practice joking and self-deprecation from time to time.

I let go in situations where I'm powerless.

I care less about other people's judgement or the balance of power in a relationship.

I want to assist with noble causes, and Research.

I now understand that when you have a chronic illness, you have to help yourself but also accept help from time to time.

People with autism have difficulty trusting others. They want to control everything, and to rationalise and anticipate everything.

They want to control everything, including their emotions and situations where they feel powerless (with regard to their own selves, the behaviour of others and events).

. I'm working on my communication. People with autism and neurotypical people often struggle to understand one another.

There is a feeling of cognitive dissonance; a disparity between an autistic person's actions and what they say. This is a disparity of perception; a disparity between what others perceive and the Reality.

Autistic people are told to work on their relations with other people, but not on their self-alignment.

Like all autistic individuals, I have found my own mode of operation. I develop my potential and my specific interests.

Autistic people are constantly interpreting the words and actions of other people. We rationalise everything and anticipate the actions that other people might produce.

The difference in the way autistic people operate compared to neurotypical people causes communication issues, and an imbalance of power.

Finally, my goal is now clear: defending minorities, but not “honking my horn while driving headlong into a brick wall”, and denouncing extremist views that cause us to withdraw inwards, or to isolate ourselves from society and self-destruct.

I make a daily effort to work on my issues using interpretation and contextualisation; something that is linked to my lack of experience in the field and my predilection for theory.

I try to make more concessions, and to not only do the things that I’m passionate about.

e) Natural elimination

No purging or other strange pursuits of this kind (enemas, colonic irrigation). The elimination of toxins must occur naturally. Elimination should be “fluid.” Energy must be able to circulate, so constipation is of course a bad sign.

We have two exhaust pipes, so use them and don’t abuse them! Nature has provided everything we need.

Certain raw (and preferably organic) foods facilitate the elimination of toxins by repairing digestive mucus: aloe vera, high-quality olive oil (organic and first cold-pressed) and clarified butter (which unfortunately is not hypotoxic). You can try these out and see what your digestive tolerance tells you.

In any case, a predominantly plant-based diet is what enables efficient elimination of toxins. It provides fibre and therefore natural pre-biotics, which nourish our intestinal flora in a healthy way.

The elimination of toxins also occurs in the mind, through our well-being and joie de vivre. As a reminder, toxins multiply through our psyche.

Deep-tissue massage (fascia therapy) also enables the release of toxins lodged in muscles and joints.

For people who are not debilitated, cold exposure (the Wim Hof method) kick-starts our immune system. This ensures effective elimination of toxins.

For debilitated or hypersensitive individuals, I advise against fasting and intensive exercise as a method of evacuating toxins, having personally tried both.

In fact, during a period of dry or water fasting, a surge of toxins occurs. This surge provokes significant neurological symptoms (tachycardia, migraines, hypotension, fainting). When our reserves are empty, this is best avoided.

Intense exercise will cause substantial stress to an individual who is debilitated or suffering from a chronic illness. It carries the risk of weight loss and dehydration, and malnutrition is another consequence.

For people who are in good health, fasting in stages is a potential option for eliminating toxins. This type of fasting involves gradually lowering our nutritional intake. It starts with the most dense foods (proteins and fats from animal and plant sources), and then carbohydrates (cereals, fruit, tubers and vegetables).

Intense exercise is possible for people with sufficient vitality (suitable weight, absence of deficiencies and chronic illnesses).

IN ALL SITUATIONS, EXPERIMENTATION IS THE WATCHWORD.

f) Life mission and mindset

I am living proof of this. Having goals keeps us alive. During my coma and time in intensive care/recovery, I always had goals: sharing this book with you and getting my life back.

You have to enjoy your job. Doing a job out of obligation is counter-productive.

In fact, it will make you sick. Take it from me, you'll develop an illness. Pathogens feed on our unhappiness.

When we're not doing what we love, we cease to exist.

We have to set goals and give ourselves the means to achieve them. Dreams are what keep us alive.

Since my teenage years, I've always been an idealist. People told me I dreamed of "healing the world," and sharing my knowledge.

By healing those around us, we heal ourselves.

Let's develop our specific interests. Passion gives us wings, and keeps us alive.

Ever since I was born, I've been developing my own specific interests.

These specific interests are: reading, music, cinema, endurance sports, energy healing (deep-tissue massage, relaxation, meditation), science (genetics, mathematics), diet, and literature.

Through the mind/body connection, our passions enable us to forget our physical and psychological ailments.

While in intensive care, I even developed an interest in painting. I managed to paint an abstract landscape with my retracted fingers, in the company of my lovely caregiver, Juliette (my GP).

Everything is possible, everything is achievable.

Some of the medical staff gave me a short life expectancy (April 2023). In the end, it's August 2024 and I'm still here.

How is that possible?

I reduced the level of inflammation in my body little by little, adjusting all the rules for vital health outlined in this book. My immune system is rebuilding itself, alongside my nervous system.

Mental and spiritual strength have been indispensable.

Life expectancy for someone with “locked-in syndrome” is around two years on average. In theory, we can no longer express anything, although our cognitive functions are not impaired.

g) Not being too “clean”

The cleaner we are, the more sensitive we are. It's important not to detoxify the system too rapidly.

Sometimes, it's necessary to slow down the detoxification process. Look at what happened to me in April 2023...I ended up in intensive care because the pathogens had attacked my vital organs.

I had detoxed my system too quickly, and was only eating raw fruit and vegetables.

So my immune system was shot as a result of malnutrition and nutrient deficiency, which opened the door to pathogens.

In order to slow down the process, we can consume “healthy” fats, i.e. avocado (1 avocado on average per day max), or a little more plant protein (fresh or frozen garden peas). Cooked fruits and vegetables slow down detoxification. Raw fruits and vegetables speed it up.

Once you are in remission from a serious illness, you can reintroduce quality animal products and legumes depending on your tolerance level.

It's important NOT TO GIVE DISEASES A ROUTINE; it's best to vary the nutrients we feed our bodies. In fact, pathogens get used to the toxins we consume, and our lifestyles in general.

I've noticed something in my journey. THE MORE CATEGORIES OF FOOD WE REMOVE, THE MORE WE REACT. So it's important to continue getting our bodies used to activating the immune system, while keeping the overall level of toxemia under control.

h) Bodily self-regulation

The human body self-regulates.

It's important not to take dietary supplements. The food matrix is enough. If most people have some dietary deficiencies, it's because their diet is not suited to human needs. Everything we need can be found in raw, natural plant products and high-quality animal products.

Even vitamin B12 can be secreted by our body in the right conditions.

Moreover, dietary supplements are harmful, and contain dubious substances. Their recommended doses are often inaccurate.

Also, the body doesn't recognise them: the food's natural matrix needs to be intact in order for the body to recognise it.

Superior-quality vitamin B12 can be consumed in cases where there is a proven deficiency.

It's important to note that pathogens deprive us of our vitamins and minerals. Once they're dormant, we can enjoy the full benefits of our nutrition.

It's equally important for our body not to be fuelling itself with adrenaline.

Remember, pathogens feed on adrenaline.

Our body therefore doesn't require fasting (dry or with water) or intensive exercise. I formally advise against fasting and intensive sport. They increase the stress that afflicts our bodies and our minds, especially for individuals experiencing debilitation.

When I tried these two practices, I experienced a resurgence in my neurological symptoms. The cause was pathogens feeding on adrenaline.

i) Following our natural instincts and feelings

Keep things simple, and don't follow protocol. Following a protocol creates stress for our body and our mind, and this doesn't make life easier.

The body craves the natural foods it needs.

We must listen to our bodies. If your body reacts, you'll know it. It will react either in a psychological or physical way (digestive issues, skin problems, cognitive issues such as brain fog, thermo-regulation issues, muscle and joint pain, migraines, etc.).

The rule is simple: eat to nourish your body, not to destroy it.

However, dietary perfectionism is impossible to sustain, and too constrictive for the spirit.

But we need to respect the basic rules in order to achieve the ultimate goal: bodily balance.

In addition to diet, it's up to Humans to follow their instincts in order to find the path that leads to human and material Happiness (professional and private life).

Our genetic heritage and upbringing determine who we are and what we do.

Our genome (genetic makeup) also determines what's known as our Hippocratic temperament. Our energy flows from our temperament.

Our lifestyle (the pillars of health) influences our energy, and consequently our temperament. This is an obvious syllogism. Hippocrates, the father of medicine, understood all this.

There are 4 Hippocratic temperaments. It's possible to have several temperaments, or humours.

The goal of analysing our temperament is to adjust our lifestyle, in order to address our physiological and psychological needs. Hence the need for a personalised lifestyle (pillars of health) in order to balance our mind/body system and thereby achieve Happiness.

What kind of temperament(s) do you have? Mine are nervous and choleric.

- Sanguine temperament: has good energy, with some variations. They take things in stride, but can sometimes be rather detached.

- Nervous temperament: has energy much like alternating current (medium energy). They have a strong need for safety and security.

- Choleric temperament: they have high energy levels. They take things in hand. They like to be in control.

- Lymphatic temperament: they have low energy levels. They let others decide.

- j) Achieving homeostasis: the ultimate objective, returning to a state of balance naturally – management of a chronic disease

Once we have applied all the pillars of health cited above, our body will have achieved homeostasis.

We'll be at a healthy weight, and our physical and mental well-being will be at optimum levels.

Our physical capabilities will be excellent.

In summary, we will have achieved optimum health.

Our vital health will be at a maximum, and the toxemia will be at its lowest level.

In this state of balance, we can accomplish what we are destined to – doing Good all around Us.

When you have a chronic disease, the state of balance is difficult to achieve. I'll now provide a summary of the actions that brought me significant improvement.

At the peak of my illness, while I was in intensive care, my locked-in syndrome left me completely immobilised. I had fever, coughing, and dyspnea (shortness of breath). The medical staff took my stats (blood pressure, temperature) at least four times a day.

I used a writing board to communicate. The medical staff read my lips.

I quickly realised that suffering makes us see the world differently. We gain sincerity and compassion.

Acceptance of death and our ephemeral nature: the earlier we can accept this, the better we can manage our fears.

Remember that the management of psychological pain is essential in order to overcome chronic pain.

When our life has meaning, happiness is guaranteed. In my case, my life's mission was not yet properly defined during my adventures in hospital.

My lungs were a source of worry to those around me. For someone who had never smoked, it was rather surprising to have so many issues. But the lung infection, pneumothorax and malnutrition had weakened my system completely.

The illness that often affects the lungs is cancer. One in three cancer deaths is due to lung cancer...a smoker has 14 times more risk of dying of lung cancer than a non-smoker. I learned this in the intensive care unit.

This cancer often metastasises to the brain, liver, bones and other vital organs.

As I journeyed through the desert, I met patients suffering from cancer who had gone through chemotherapy and radiotherapy. This helps slow down the progress of the disease, but does not treat its cause.

These invasive techniques are necessary, essential even, in urgent cases. But they come at a significant cost: coughing, fever, trouble breathing, etc.

To enter remission, individual work on the pillars of health is crucial.

During my hospitalisation, the drugs used to restore my airways had side effects on my overall status.

Preventive medicine allows us to anticipate health problems.

In order to let go and accept our mortality, we must understand that nothing is eternal. Everything is fleeting.

Everything has a beginning and an end.

In this way, we grow in humility. There is no such thing as perfection.

The more knowledge we acquire, the more aware we become of our ignorance.

When we're on the verge of death, it ceases to be an abstraction and becomes a tangible reality.

My spirit enabled me to hold on, even though the situation was desperate. Always hold on to hope...but be a realist.

I became aware that tenderness and affection go beyond passion. There is an invisible bond that unites members of the same family, like a leaf to its tree.

My progress was achieved thanks to a whole set of factors. I was able to develop my independence. Eating by myself, starting to dress myself and wash myself, and learning to write by hand for myself. Everyday stuff, really.

Once we've accepted that we're going to die, we think about life before we think about death.

On my hospital bed, metaphysical questions were inevitable.

Did life begin with the Big Bang (expansion), and will it end with a retraction?

It's like our cells: we're born, we grow, we reach our peak, and then we decline and disappear.

Here we realise the importance of making our contribution: doing Good, and taking care of ourselves. Chaos theory loomed large in my mind: even the beating of small wings can help save other people. Keeping this image in my mind is what saved me.

Albert Einstein sought to develop a Theory of Everything, which I interpret as his desire to explain Life and the existence of a higher power: God, the Universe, Creation.

Asking myself metaphysical questions helped me to move closer to homeostasis.

Sleep is vital, of course. I became acutely aware that melatonin was not the only way of ensuring the absence of insomnia. I sometimes had to perform a mental "full-body scan" (muscle by muscle) through meditation, feeling my blood flow through each one in order to sleep properly.

I need to disconnect from my thoughts in order to listen to my body.

The body has a memory. I became truly aware that dreams have meaning, and that sleep must be sufficiently deep to respect our circadian rhythms.

In order to remember our dreams, it's necessary to get enough sleep and to go back to sleep if we wake up.

There are between 3 and 5 sleep cycles (lasting 90 minutes each) per night, and each one causes micro-waking.

A proper night's sleep enables us to regulate our hormones and ensure proper muscle recovery.

During REM sleep, the subconscious awakens. Deep sleep is revitalising.

I observed that giving myself instructions enabled my brain to record them. Mental instructions are like rhymes at school; we can boost our memory when at rest.

We need to reduce our mental load in order to anchor ourselves in the present moment. Not thinking about the future or our problems enables us to achieve psychological well-being.

The issue of temporality is therefore central to remission. Let's focus our attention and our energy on the present action.

Looking to the future causes anxiety.

Meditation enables us to unload our brain and to re-centre ourselves on the present moment.

In my case, agreeing not to be a perfectionist (at least not in every situation) is vital in order for me to feel well.

Prioritising, postponing unimportant things, and sorting our priorities enables us to be at ease with ourselves.

Thoughts are volatile, and the future is an illusion. Our thoughts reflect our state of mind. Perspective is necessary in order to avoid emotional overload.

As such, I have come to understand that constant existential questioning causes deep latent fatigue. Sometimes I need to slow down with my spiritual deliberations.

In order to find our balance, reducing neuro-inflammation is a necessity. This is responsible for chronic pain (anxiety, depression, physical pain).

Reducing this inflammation involves various types of energy healing, and a psycho-emotional approach.

The central nervous system's inflammatory response involves glial cells (which provide support in the brain and in the spinal cord). When the brain is subjected to prolonged stress or emotional overload, it activates these glial cells.

Inflammation enhances our neuronal pain circuits.

A shortage of ATP (energy provided to the cell) is responsible for chronic pain.

It's therefore essential to manage stress induced within our cells, without destroying our health.

Let's return to diet, and what is needed in order to manage this stress.

The best fats to introduce are omega 3s (EPA and DHA). These ensure lubrication of the cells. Otherwise, the cells cannot communicate with one another.

The cell nucleus contains DNA, which can be modified by our overall stress level. Proteins regulate gene expression. They are a building block. Hence the need to give our system enough of them.

Cells are made up of 70% water. They need oxygen, water and healthy glucose.

Our mitochondria, the powerhouse of the cells, need to transform energy into ATP.

In cases of chronic illness, therapies to strengthen brain plasticity are: movement therapy, suitable diet, and the acquisition of experience and knowledge. These therapies enable us to develop neural connections (synapses).

This cerebral plasticity enables efficient cellular communication, thereby putting chronic illnesses into remission.

Cells grow, separate and die (cell death is known as apoptosis).

Work on our muscular fascia is essential in order to influence our cells: massages, stretching, conditioning and rest.

Let's improve our cells so as to put illness into remission.

A "trigger point" refers to cellular hypoxia, a lack of oxygenation; a muscle knot.

Adaptive remodelling is necessary to modify our gene expression in our favour; to take action within the cell nucleus and on its DNA.

It's therefore advisable to untighten our musculature.

The fascia need calcium in order to contract, and magnesium to relax.

Energy is the source of all pathologies. Let's free our energies.

The human body can self-heal. The cell is capable of autophagy; it adapts to stress in order to ensure its survival.

Muscle and brain plasticity must be ensured in the management of all chronic illnesses.

We need pathogens to activate our immune system. Cellular respiration is what activates our energy.

Our muscular fascia need hydration.

In cancer cases, there is insufficient cellular death (apoptosis), and therefore no renewal.

Our enemy is therefore the overall stress brought upon the body.

A MULTI-DISCIPLINARY APPROACH is required in order to achieve remission.

The problem is that the cause of illness comes from our system, but also the connection between things. We must take action in ALL THE PILLARS OF HEALTH.

Reconnecting with Nature and our inner Nature.

You'll recall the domino effect that sent me into intensive care. A single thing can bring our system tumbling down.

Once again, we must show humility. Knowledge is infinite, unlike life. Knowledge evolves, and our end is inevitable.

There is therefore an approach to illness from a scientific and spiritual point of view. The disease should be viewed from a rational angle (physical, chemical, cell biology, psychology), but also a spiritual one.

The state of our organs is the reflection of a synergy within our system.

The body needs energy in order to function:

- In cognitive terms: thinking, memory;
- In terms of motor control: the three macronutrients (carbohydrates, proteins and fats) and micronutrients (vitamins and minerals). The body needs muscle strength.
- The essential and anti-inflammatory nutrients are: antioxidants, healthy glucose, healthy proteins (plant and animal) and healthy fats (omega 3s, some omega 6s and saturated fats).
- Good blood circulation can be ensured through movement and a suitable diet;
- Organ function and synergy ensures our biological wholeness: heart, lungs, liver, thyroid, kidneys, etc.

We must secure the brain-muscle connection. When this connection is absent, diseases appear.

In the case of diseases affecting the connective tissue, breaking our attachment can heal chronic pain (both physical and psychological) gently and deeply.

All my pillars of health have enabled me to survive.☺

Spirituality was also a great help during my journey.

The link between science and religion was the subject of much questioning.

The questions I asked myself included:

- Is God a force of creation, intelligent and aware but not necessarily moral or evil (the anthropomorphic figure we have in our minds)? I have always pictured God as a whole, which in physics we name the Universe.
- What is the link between our “components” (hardware, the microcosm, our organs and cells) and our brain (analytical capability, the macrocosm, software)?
- Questions regarding the principles of physics: the principle of uncertainty (the point of view depends on the observer), incompleteness and chaos theory.
- Everything is change. Everything is connected. God is subtle...we cannot prove his existence. This observation intrigued me greatly during my time in the ICU.
- God is invisible, and not comprehensible through observation. The mystery of the sacred texts contains scientific truths on the creation of the Universe, the Living world, the Everything. How could the authors of Antiquity have known what would come to pass?
- Questions pertaining to sickness, of course. I have always known that illness is a natural process. It is sometimes good for our health; a reaction to viruses and bacteria. A simple process of inflammation. Sometimes, the body self-heals. Sometimes it doesn't. This is where allopathic medicine comes into play, in the event of a life-threatening emergency.

Natural hygiene is not the right fit for every situation.

This I have realised...this point was particularly difficult to accept, but I am now at peace with this observation.

I understood that there had to be a compromise between allopathic medicine and the pillars of health we apply to ourselves.

When illnesses appear, it's a sign that the body is exceeding its adaptive capacity, and that we have to make a choice between allopathic and natural medicine, depending on the severity of the symptoms.

This is part and parcel of managing a chronic illness.

The personalised pillars of health are not always sufficient, hence the need to reconcile all types of medicine. In life, you'll notice that each one tends to cast aspersions on the others. This should stop.

In summary, both scientific and spiritual theory helped bring me salvation throughout my ordeal.

I came to understand that we should not play the role of someone else. Be authentic.

It was at this moment that I became aware of the importance of our universal mission in life. I wanted to "enter by the service door," then work my way up gradually.

I then came to understand my ambition: to use what I know to make my own contribution, drawing upon my experience, my knowledge and my "self-taught" education.

There were a lot of things to improve before I could go home, notably my quality of sleep...however, good sleep is necessary if we are to address unresolved issues.

I made an effort to work on my three brains: the brain, the heart and the gut. Since all the organs are linked, if one malfunctions, our entire system is thrown off balance.

Chronic pain appears and the nervous system reacts, until such time as the environment changes.

Our hormones collapse, and our neurotransmitters follow (acetylcholine, dopamine, serotonin).

Cortisol, the stress hormone, increases.

Homoeostasis is nowhere to be found.

The secret lies in understanding that the cause of illness is not just the environment, but also the use we make of it.

In my case, the vagus nerve had been affected, but that was not all.

To regenerate the nervous system, we must:

- Pace ourselves when it comes to restrictive changes, so we can change our behaviour over the long term.
- Train our brains to create new neurons and strengthen connections (synapses). In order to do so, I need to learn and always be acquiring more experience. This is an effective way of reducing chronic pain.
- Sleep well in order to learn, and forget...sleep is a fundamental pillar for regulating our neurotransmitters, and resynchronising our muscles and organs.
- Ensure plasticity in the muscles, as well as the brain. The brain controls our immune response, but the muscles are linked to the brain. The key: Strengthening, stimulation, adaptation and integration over the long term, followed by relaxation. Hence, an active daily effort to heal. Massages and stretching are part of this work. They are analgic. They allow us to work the muscles in a targeted fashion. When we are in chronic pain, our perception of our limbs is thrown off.
- Work on the gut and the heart, as they both impact the brain. Healing all three reduces chronic pain.

Chronic pain leaves an imprint on the brain. We have to manage this every day.

Repressed emotions cause chronic pain. The brain limits the oxygen going to certain areas of the body, in order to detract attention from unresolved emotions.

These emotions affect people who are perfectionists, and those who wish to be loved by others.

People who bottle up their emotions and their stress are therefore highly sensitive to chronic pain.

We must free ourselves from within.

Below is an overview explaining the impact our “microcosm” (hardware) has on our macrocosm (software):

The Universe = God’s hardware

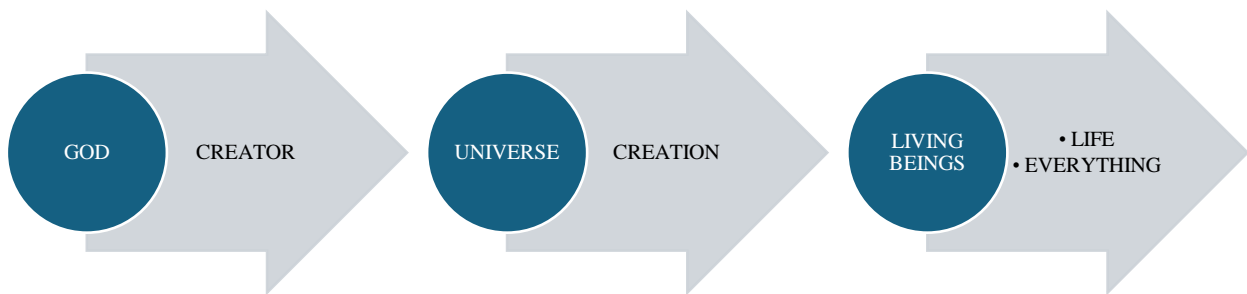
Macrocosm	Microcosm
Software	Hardware/components
Immense programme = GOD	Natural Forces/laws
Infinitely big	Planets/galaxies
	Infinitely small: atoms, matter, molecules

Living beings = hardware of the Universe

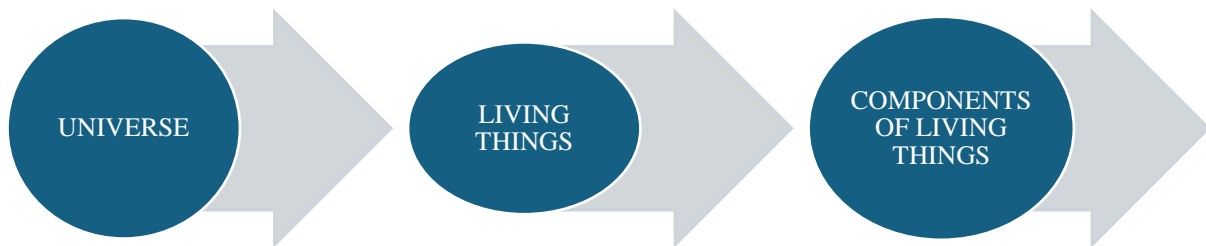
Microcosm	Macrocosm
Hardware/components	Software/spirit
Body	Programme=thoughts
Cells	Analysis
Organs	Emotions (joy, sadness, suffering)
Tissues	Desires
Blood and nerves	Conscience
	Dreams

Everything is connected, both for the Universe and for living beings.

From the Universe's point of view:



From the living being's point of view:



In all life there is birth, growth, peak, decline, and death. So it is for the Universe...

During my time in hospital, these spiritual questions sustained my curiosity and kept me alive...

In my mind, I sought to prove the existence of a subtle God, invisible to observation. I wanted to prove there was an intentional, conscious intelligence at play in the Creation of the Universe. Nothing happens by chance. Everything is predetermined.

To continue this reflection as it applies to the emergence of my illness, I think that the body reacts when, at a given moment, the overall level of toxemia induced by stress, diet, and pollution of all kinds exceeds our level of vital strength.

Our excretory organs (lungs, skin, intestines, kidneys, heart, and liver) let loose, which causes crises of elimination (sinusitis, mucus, congestion). These crises are beneficial, as they show that we have sufficient vitality to flush away toxins.

As a reminder, toxins are often emotional. Hence the benefits of letting our feelings out (fear, for example). Children are a relevant example.

In cases of chronic illness, a personalised approach to elimination is called for. This should not happen too fast.

The diet should be balanced and adapted to fit the illness the person is suffering from.

Carbohydrates should account for roughly 65% of total caloric intake, while proteins and fats should account for 20% and 15% respectively.

Carbohydrates represent our fuel. They provide energy directly to the cells.

The proteins produced in the cell nucleus (DNA) regulate our genetic expression. They enable DNA to be converted into RNA (transcription). These are the building blocks.

Fats “bind” cells to one another, lubricating them. They are required in order to improve the quality of the gut walls.

The goal of a balanced diet is cellular regeneration. With cancer, there is no longer any cellular regeneration. Let’s ensure cohesion between the three macronutrients.

Let’s be smart and take action to get better...We’ve all suffered from a disease at one time or another due to our metabolic weaknesses, though we may be unaware of them.

At the starting point, our birth, our genetics determine who we are. These genetics can be modified if the original constants are modified too much.

Let’s take care of our health so we can achieve BALANCE.

During my coma, I realised there was an intentional intelligence behind creation. Nothing is by chance. There is a beginning and an end (alpha and omega). But there is intelligence in between.

Either we decide to develop ourselves (expansion) or we exhaust our energy (retraction).

Just like with the Universe: if the force of gravity is equal to the force of expansion, balance can be achieved. The number of anti-particles is equal to the number of particles.

Let's manage our bodies in the same way the Universe is managed.

The Universe had only an infinitesimal chance of coming into being (around 1 in 10 to the power of 20). There was the creation of matter, and an expansion. While the number of anti-particles was n , the number of particles was $n+1$...Temperatures gradually began to descend, as in the beginning the Universe was a vast boiling soup (particles=anti-particles). Then there was the creation of the Universe, and of the Living world.

Let's follow its example!

Personally, I prefer the hypothesis of infinite expansion (the Big Freeze) to that of retraction (Big Crunch).

In the case of expansion, the force of expansion is greater than the force of gravity.

To conclude on the goal of achieving balance, I'd like to lean into the "spoon theory."

With chronic illness, we have 12 spoons to choose from. We manage our number of spoons every day.

We have to manage the symptoms of exhaustion and sleep disturbance, otherwise the number of spoons is reduced.

To increase our number of spoons, it's advised to engage in activities we enjoy, and to rest.

Let's put the pillars of health into practice.

Movement is everything. In order to move forward, never stop learning so that knowledge and experience can be absorbed over the long term.

In the spoon theory, we have units of energy. We need to ration these out in order to get through the day.

When you're dealing with a chronic illness, getting through the day is a challenge.

I believe it's important to give people their independence, in order to ensure cerebral and muscle plasticity. We need to develop new neurons and the connections between them.

Massage, stretching, and conditioning enable us to improve proprioception, making long-term adaptation possible.

Let's work on our epigenetics in order to silence defective genes.

The imprint pain leaves on the brain can be erased.

In order to erase this imprint, I do intense and repetitive work on my pillars of health.

Pain is a type of stress. It is the reflection of the real perception of danger. Awareness of this is necessary in order to heal.

In order to achieve remission, I take action in all my pillars. Self-massage, sleep, diet...let's take care of ourselves and those around us.

I believe in all types of medicine, particularly preventative medicine.

For me, the skin is the reflection of disease. The skin modulates the intensity of pain.

I need to manage my sleep and stress levels, maintain my immune system, get enough physical exercise, nourish my connective tissue, etc.

In order to do all this, we have to know ourselves and correct the imprint that pain leaves on our brain; i.e. correct the memory of chronic pain.

I correct my muscular amnesia (massaging, contracting, relaxing).

Massage enables me to improve my blood circulation and refresh my hormones.

In the management of a chronic disease, discipline and time are necessary in order to soothe pain during movement, to soothe the nervous system and musculature.

I give the brain a perceptible environment on a regular basis.

I recondition my body to movement.

Everyone should be able to find out why their engine's blueprint is defective. This is known as etiology.

I live as simply as possible. I assess the risk-benefit ratio.

The body self-regenerates when given the right conditions.

Let's listen to our bodies, and proceed by trial and error.

To do so, I have to absorb information over the long term.

Let's stay sharp-minded, and develop our imaginations.

Learn every day. Progress comes only through movement.

Each human being specialises, and makes choices. They create new memories, and “mirror neurons.”

For my part, the choice of specialisation is now clear.

Pain is alienation. It needs to be managed on a daily basis. I see to it that I have enough serotonin in the mornings, and melatonin at night.

Dietary supplements need to be absorbable. Bedding must be changed regularly in order to ensure good sleep.

Fascia therapy enables me to cut off pain signals.

Exposure to hot and cold boosts my circulation and inhibits pain.

Massage adjusts pain signals, through the excretory organ that is the skin.

We must rebalance our mind/body system in order to avoid chaos theory.

Fascia therapy is part of my life...

In our body, everything is connected. The psoas muscle provides our balance, just like the diaphragm, the abdominals, the back, the pelvis, the shoulders and the neck.

The brain also provides balance, and cognition. There is a whole emotional process involved in the management of chronic pain.

It's therefore advised that we change our emotions in order to modify our brain signals and cell biology.

The multi-disciplinary approach is essential in order to live within our bodies in harmony.

Fascia therapy ensures smooth muscle function, and wellness flows from this. Let's listen to our bodies by working on each component in isolation.

The body's flexibility ensures the pairing of strengths and opposing forces.

In order to ensure balance in our biological entity, effective breathing is also a protector and an essential tool.

We therefore need to relax the musculature and bring back movement. Otherwise, there will be imbalance in the system.

This imbalance manifests through muscle knots and remote pain.

Let's enrich our environment through adaptation and evolution.

Remember, knowledge is constantly evolving.

Humility is therefore among the values we must re-centre within our lives.

Our beliefs must also evolve based on our progress, our environment, and our level of toxemia.

How does our mind/body balance manifest?

A healthy body in a healthy mind.

I work on my body and mind through my pillars of health.

This synergy is made possible through rest, massage and muscle conditioning.

My body and my mind yield willingly to it.

The well-being, adaptation and resilience that I have taken from my experience and knowledge are proof that the model I apply is effective.

Rest enables us to take care of ourselves, and ensure synergy of mind and body.

My mission in life is clearly defined.

I have learned to be more indulgent towards myself. Healing takes time.

Let's act upon the present. It is palpable. We cannot take action on the past (over) or on the future (directly).

Understanding the role of the invisible enables us to let go. In the management of a chronic illness, we must let go.

Certain things do not make sense. The role of spirituality is therefore central to my remission.

My near-death experience shows that we can't control everything.

The subconscious seeks to resolve unresolved issues. Dreams have meaning. Sometimes we must interpret them in order to find solutions and take action.

Nature gives us the means to ensure our biological wholeness. Like the fitting uniformity of the Universe, our system is homogeneous.

The homogeneity of the Universe enables the existence of life, and its wholeness.

I am comparing the homogeneity of the Universe to our biological wholeness.

The density of the planets and galaxies is perfectly designed to ensure their cohesion. The degree of uniformity is perfect; neither too low nor too high, in order to ensure the formation of planets, galaxies and stars.

The Sun is the perfect temperature to enable the existence of Life.

The Origins of the Universe (its initial conditions) are explained by the homogeneity of the Universe (the macrocosm).

If we study the constants of Nature (microparticles, the microcosm) – i.e. the force of gravity, the force of electromagnetic interaction, the mass ratio between protons and electrons – these three constants are designed in a way that is optimal for the wholeness of our Universe...

The slightest modification would wreak havoc, and spark the disappearance of the Universe, the galaxies, the planets and the stars. Life would disappear!

I'll conclude this section by saying that our mission is to find our own balance, not someone else's.

Today, I can say that observing my pillars of health has considerably improved my general situation. We'll come back to this in more detail in the conclusion.

My research into homeostasis has borne fruit.

My organs have repaired themselves, meaning less inflammation.

I am better able to absorb nutrients. My weight is returning to a healthy level.

I am striving to repair my three brains, which enables me to better regulate my nervous system.

- My brain: acquisition of knowledge and strengthening my long-term memory, i.e. cognitive work that has brought visible results.

- The gut: repairing my digestive mucus and intestinal mobility, balancing of bacteria, getting candida albicans under control, and efficient intestinal peristalsis have enabled me to rid myself of small intestinal bacterial overgrowth (SIBO). This was made possible through the combination of rest/work/drainage. Blood panels can show us what's going on inside our bodies – our inner balance. In certain cases they are a pertinent option, if there are symptoms present. Otherwise, routine testing is enough. Microbiome analysis is demanding, costly and stressful for the mind and body.

- The heart: I have healed my repressed emotions. I have freed my “inner self.” I now live in harmony, and have a goal.

I have direction in life, and a global vision of what I want to do.

I have accepted the idea that our lives come to an end.

I have corrected my inner imbalances in order to ensure synergy of the body and of the mind.

I am fully conscious of what I am and what I want.

I live in accordance with my values, beliefs and convictions.

I continue to learn every day, so my knowledge is constantly evolving.

My near-death experience caused me to evolve.

The consequence of malnutrition was a weakening of my vital organs. The body sought what it needed from my bones, my heart and my lungs.

Today, the body is regenerating...My biological and mental reserves are being restocked.

I have learned to trust people.

This experience had certain advantages. It reminded me of the importance of humility, and that we can be victorious over ourselves.

During a near-death experience, we are made to face our fears. This develops our resilience. We make it through with determination, and an element of chance...

I have come to understand that a domino effect quickly occurred once I went into intensive care. The cause-effect relationship is indeed infinite (like the creation of the Universe, and Chaos theory).

k) A typical day during my recovery

6am: I wake up. The early bird catches the worm.

15 minutes of meditation.

6.15am: I eat a breakfast of raw fruit: bananas, wild blueberries, apricots, peaches, nectarines, apples, pears, oranges, grapefruit, melons, watermelon, kiwi, mango, etc. Quality animal proteins and fats are added at midday and in the evening.

7am-11am: walking in the forest, meditation, music therapy, physiotherapy, sophrology, speech therapy, work.

11am: I eat some crudités (raw tomatoes, cucumber, raw beets, etc.). Remember that vegetables need to be sufficiently ripe in order to be “virtuous”.

12.30pm: lunch. Potatoes to provide deep nourishment. I give my cells fuel: healthy glucose from tubers.

Cooked vegetables: broccoli, cauliflower, green beans, carrots, squash, pumpkin, courgette, turnips, etc.

Garden peas for added protein. High-quality animal fats.

4pm: snack time. Raw fruit. Different fruits from what I eat at breakfast, depending on my needs.

4.30pm-7pm: meditation, physiotherapy, walking in the forest.

6pm: I eat a medium-sized avocado (around 150g) for my fat intake. It's better to leave this until the evening in order to allow the liver time to detox. However, as I have said, dietary perfectionism is impossible and increases stress. If I don't have an avocado, I eat crudités.

7.30pm: dinner.

Potatoes and cooked vegetables. High-quality animal proteins and fats.

8pm-10.30pm: relaxation (T.V., games).

22.30pm: bedtime.

Estimated carb intake: 350 grams

Estimated protein intake: 70 grams

Estimated fat intake: 50 grams

Estimated calorie intake: 2200

This dietary intake enables me to detox my system while gaining muscle mass.

Lifestyles, and diets in particular, need to be individually tailored based on needs (potential deficiencies, values, beliefs, metabolic weaknesses).

Of course, my days are not linear. There is frequent variation. I'm not a robot.

PRE-CONCLUSION

As you'll have noticed:

- I lead a minimalist life. I go for the simplest option; that's my motto.
- I expose myself to very little noise, or to the havoc of our Western lifestyles. My immune system needs to regain its strength, and my nervous system needs to find calm.
- My vegetarian diet is strict. Plant-based, living, varied, physiological and nutrient-dense. I need to build up enough muscle mass and get enough nutrients, while remaining in remission. Beyond the "holistic health" aspect, my system of values and beliefs means that I will continue to live by the principles of natural hygiene and vegetarianism, in a personalised fashion. If you wish to do so, I strongly advise only consuming animal products of very high quality (organic, grass-fed and gently cooked).
- I strive to gently improve myself every day, and to be less rigid (which I find particularly difficult). Those who never question themselves have failed to understand the meaning of existence and the point of their lives.
- The pillars of health which I have developed in this book enabled me to rebuild myself. For me, they serve as an anchor point and a means of resurrection. I cling to them like a rock in the ocean, all while keeping an eye on my vital health (deficiencies and weight loss).
- My way of life is adapted to my personality. Everyone is free to make choices. Everyone must take responsibility. I'm not saying that I hold the Truth. Diet and lifestyles in general should be personalised based on each person's needs. Then, everyone must find happiness by following their own path.
- A final piece of nutritional advice for people suffering from a chronic inflammatory illness: avoid, to the furthest possible extent, refined sugar, all processed foods, low-quality animal products, high-temperature cooking, cereals and vegetable oils. Keep things simple and natural. Nature provides everything we need.

- Pathogens are part of us. We are born with them, and we'll leave this World with them. Therefore, we must coexist. Going to war with them is very dangerous for the body and the mind. This battle is over before it starts. It's a fight we cannot win. Perfectionism is counter-productive. If you eat harmful foods from time to time, you'll probably be fine. Moreover, a little bit of adrenaline won't kill you. "The dosage makes it poisonous."
- I advise people with chronic inflammatory diseases to learn to "tame" their symptoms until remission occurs. It's easier said than done, but if I did it, anyone can. If your symptoms persist, it's advisable to analyse which foods you consume in excess in order to empty the corresponding pails.
- To finish this pre-conclusion, we must enjoy life as much as possible. Look at your friends and family, love them, laugh...Life is precious.
- Allopathic medicine is essential in emergencies. But it's up to each human being to look after their own health and vital hygiene. Prevention is better than cure...
- Once we are in remission from a disease, we can start to trust our immune system again. So it's best to reintroduce foods based on your tolerance level and values/beliefs. It will also be possible to widen our overall scope, without causing the pail of toxemia in our body to overflow.
- What keeps us alive is our zeal for life. The philosophy of "get knocked down, get back up again," and the love I feel for my friends and family, brought me back to the surface.
- Eschew all forms of indoctrination. Only you can decide what's best for you. Let us rid ourselves of our fear of human mortality, and remain free.
- My system of values and beliefs is based on the fact that I do not want the life of a living being to depend on my survival. This is a personal choice that enables me to live in alignment with my own self. I do not wish to influence anyone. Everyone is free.

4) CONCLUSION: my current state of health, and what remains to be achieved

I'll conclude with this sentence: I went into a coma because I was too "clean", and I came back home because I was "clean enough." Above all, I'm not dead because I want to live.

Let's look at my symptoms during the peak of my illness, when my level of toxemia was at its highest. Chronic inflammation was at a maximum.

The peak symptoms of the disease were present when I was in my hospital bed in intensive care. I do not consider there to be a hierarchy of physical and psychological symptoms (everything is intermingled).

The symptoms were:

- Inability to move, swallow, or speak;
- Neuropathic and joint pain all throughout the body;
- Inability to remain in a seated position because of pain in my muscular fascia, and bedsores from head to toe;
- Inability to remain upright due to total loss of muscle strength and tachycardia;
- Tachycardia induced by effort, but sometimes when doing nothing and lying down;
- Problems with swallowing and hyper-salivation;
- High mucus levels;

- Permanent nausea;
- Permanent irritations in the throat;
- Serious issues with scarring (bedsores, tracheotomy orifice, various wounds);
- Eczema, various skin issues, rosacea, petechia, itching and irritation everywhere...
- Various dietary allergies caused by overactive pathogens, and allergies to all bandages;
- Pseudo-Raynaud's syndrome: purple hands, poor blood flow in the extremities and vascular issues;
- Lung problems: severe trouble breathing, desaturation (constant lack of oxygen);
- Bronchial dilation: constant bronchitis;
- Tinnitus, ENT issues (sinusitis, ear infections);
- Depression, anxiety;
- Insomnia;
- Dietary deficiencies;
- Coagulation issues;
- Oedema almost everywhere (especially in the extremities);

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- “Autistic” difficulties (I dislike this term): OCD, routines, clumsiness, “abnormal” interpersonal relationships, hyperactivity, rumination;
- Of course, the total loss of independence: going to the toilet, dressing, walking alone in a corridor, even turning on the TV...
- Muscular retraction (fingers, toes);
- Loss of sensation, mainly in the extremities (fingers, toes);
- Weight down to 35kg (I am 5’8”) due to malnutrition and a problem with nutrient absorption;
- Not forgetting migraines and dental problems...
- Immunity at rock bottom. My immune system had shut down completely...
- Significant brain fog due to toxemia;
- Digestive issues: intestinal permeability due to bacterial proliferation (gut dysbiosis);
- Severe chronic fatigue: my powerhouses (mitochondria) were greatly weakened;
- Thermoregulation issues: sensitivity to hot and cold (“Cold hands, warm heart,” as they say☺);
- Disharmony with my body: non-visible veins, uncomfortable in my own skin, making me feel constantly ill-at-ease.

Here's how things have changed:

- I can move (very fortunately), swallow and speak. This was made possible through my determination to respect the natural laws described in Part 3 (the pillars of health).
- My neuropathic and joint pains are becoming less intense with each passing week;
- I can maintain seated and standing positions (bedsores have disappeared);
- Disappearance of tachycardia (both at rest and during effort);
- Muscle mass is returning;
- Fewer problems with swallowing, hyper-salivation, or serious mucus buildup;
- Disappearance of nausea;
- Less permanent irritation in the throat;
- Major reduction in scarring issues (bedsores have healed over, wounds have vanished, tracheotomy orifice closing over). My red and white blood cells are being renewed.
- My skin issues (eczema, rosacea, and petechia) have vanished. Less itching.
- My dietary allergies are still present. Still, seeing how far I've come, I will continue to respect my pillars of health.
- My pseudo-Raynaud's has disappeared. I have no more vascular issues.
- I have no more life-threatening lung problems. I have no more lung infection. Disappearance of breathing problems and reduced bronchial dilation.

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- Improvement in tinnitus and ENT issues;
- Disappearance of anxiety and depression;
- Fewer sleep issues;
- Absence of clotting issues;
- Absence of oedema;
- Dietary deficiencies no longer an issue (I will re-check);
- Reduction in autistic problems (less hyperactivity), less rumination, less OCD;
- Near-total autonomy: going to the toilet, getting dressed, walking alone in the street, starting to go grocery shopping, etc.
- My muscular retractions are getting better week on week;
- I am recovering sensation in my extremities (fingers, toes). I can finally feel my dog's fur again when I pet him.
- Weight gradually back up to 50kg as the body is once again absorbing nutrients; absence of malnutrition;
- Disappearance of migraines and dental problems;
- My immune system is re-forming;
- Mental clarity;

REMISSION & RECOVERY through anti-inflammatory living – the theory of everything

- Absence of digestive issues as my microbiome is re-balancing (good bacteria winning out over pathogens), and my microbiome is diversified;
- Much less fatigue as my mitochondria are being boosted (nervous system rebuilding);
- Fewer thermo-regulation issues; I am getting better at tolerating extreme temperatures;
- Harmony with my body. I am comfortable in my own skin. I can see my veins again.

How do I envisage the future?

With strength and determination.

I hope to be in full remission one year from now. We'll check back in a year's time (August 2025) to assess my progress. For someone who has an incurable disease, I think I've made a fair amount of progress.

The goal of this book is not to attack allopathic medicine, but to find natural solutions to prevent the development of disease. I repeat: we are in the midst of a silent global pandemic. Lifestyle diseases are spreading at light speed.

In my healing journey there have been many obstacles, which my Asperger-autistic brain has managed to overcome. There has been a great deal of suffering. Watching people suffer and knowing the cause is an ordeal.

I do everything I can to achieve homeostasis quickly, after having lived with distressing toxemia caused by an unsuitable diet and stress inflicted upon the body (cortisol, adrenaline, sedentary state due to pain and the inability to move, swallow, or speak).

There will always be limitations I'll have to live with, but the body knows how to self-regulate. The disappearance of neuropathic pain and getting my tracheotomy orifice to heal over are the next challenges I need to tackle. I need to recover my full independence, which will involve the disappearance of muscular retractions in my extremities (fingers and toes). My swallowing issues have almost disappeared, and my elocution is improving. My chronic fatigue is also almost fully gone. My bronchial dilation is gradually fading.

So what will you do now? Continue to self-destruct, or live in accordance with the natural laws defined in this book, without getting pulled into extremes? The future of Humanity depends on you alone...

Our genetic heritage has been altered by our way of life, which is not aligned with natural laws. To find the right direction, we need to modify our ways of life, which must be in alignment with what Nature has laid out for us. Let's take action on the factors we can control: this is the concept of epigenetics.

Beware of any diagnosis that carries a label: they are the merely the result of excessive toxemia which the body can no longer manage. Be aware also of the “non-visible”, as this is often more dangerous than visible symptoms.

If you love life and your friends and family, you'll manage to rise to the surface if you respect your body and your spirit.

The human body and spirit are robust, given everything that human beings put them through. It's time we started to respect them.

There are three types of medicine: emergency medicine (allopathic), medicine that aims to heal the mind, and medicine which is inherent to our way of life. For my part, I intend to make my contribution to all three medicines.

Dear reader, I leave you now to take your health into your own hands. You have the power. Every human being is capable of solving their own equation, in order to find their path toward happiness.

You'll have observed that I am a dualist; I believe in the separation of mind and body. I believe the spirit is predominant, but that the body is necessary in order to tread the small section of the path that is Life. So let's take care of both.

My heart is drawn to both science and religion. Science appeals to my rational mind. Religion, to my belief in a Higher Power that guides us. Each human being has their individuality. It's up to each one of us to find it. My experience has deepened my values and beliefs (my rational and emotional mind).

Before I leave you, I'd like to share a reflection by the therapist Robert Masson. Hitler was vegetarian, and Jesus ate fish. Who was the better human being?

This is my particular type of humour for breaking the ice, and sparking debate on the need to integrate every pillar of health in order to achieve homeostasis and become who we were destined to become: someone who does good without expecting anything in return.

Maintain your critical thinking. Dogmatic perspectives constitute a danger. Find your own path to happiness and good health.

Dogmas isolate us.

We can't change our genetics, but we can do everything in our power to make things better.

As far as I'm concerned, Life begins now.

I spent 14 months crossing the barren desert, and today there is an oasis. I was my own prisoner; captive to my own suffering. Now, I am free. Each second once felt like an hour, and now an hour feels like a second.

Two of my best friends came to see me in intensive care. I was not a sight to behold.

I'll use an observation from my friend Léonore to give you a few hints as to what I plan to do with my life. She says I'm enigmatic. Is that still the case today?

Let's look at my main "mantras", which will provide some clues.

"I can only show you the door; you're the one who has to walk through it."

"I can only help those who want to be helped."

"I take a generalist view of things." (I am a graduate in management and education)

“My mission is to save people who are suffering.”

“I free myself from all harmful external influences.”

“Humanism before profit.” Put others before yourself.

“Be yourself.”

I’ll let you guess the mission, the type of structure and the “distribution channels” involved.

There is only one of my “mantras” that I haven’t fully observed.

I’m sure you’ve guessed which one: letting go. But if I had respected it, I’d be in a parallel universe right now. Proof once more that a weakness (the microcosm) can be a strength (macrocosm).

Over the course of this adventure, I have come to truly realise that we are all different.

I was not aware of my strengths.

- Cognitive abilities: auditory and visual memory, my ability to clearly understand concepts (a useful asset for a teacher). Maintaining skills over time is essential.
- Resilience...My experience has been philosophical.
- I still carry trauma with me, which I am learning to put into perspective.

The joy of learning will remain within me, no doubt.

I still have many things to learn: how to unplug my brain from time to time, understanding that passion has limits, learning to manage perfectionism, my relationship to the truth, to judgement, and my distorted relationship to others.

When we're on the verge of death, we understand that nobody has a Holy Grail of science. Let us remain humble.

This book has been an opportunity for me to codify my thoughts and free myself professionally. Writing in a non-ergonomic position is no easy task.

I came to understand the value of life, and my confidence grew. I started from square one; reborn, erasing what I should have done differently.

I no longer live through the opinions of others.

In physical terms, there remains progress to be made: coordination between muscles, tendons and joints, and finger isolation.

My nervous system still needs to recover.

To manage my illness, I have to regulate my acid load and get enough oxygen. Learning to remain calm in all circumstances is essential.

Learning for oneself is mandatory in the management of a chronic illness. I had to learn to build a culture based on experience and theory.

When you're in a hospital bed for that long, you forget about materialism.

Let us concentrate on the essential: family, friends, and our mission in life.

I have at least managed to heal my heart and my brain. My other vital organs are in a decent state. I'm happy. I'm alive.

Energy is at the heart of it all. Human relationships are a science. There needs to be an emitter and a receiver. The “I love you, me neither” attitude that characterised my life up until now is gone. Let’s remain faithful to the people we love.

My experience proves that we can do good while taking care of ourselves.

We can sink to the bottom and come back to the surface.

During my near-death experience, a change in perspective happened automatically. I now focus on the essential.

We all have the power to leave our mark as humans on this Earth. Let’s give meaning to our lives, and stay true to our ethics. Our society will be better for it. No more personal glory.

The secret to remaining in good health is to gain control over inflammation and train our Immunity. Guaranteeing wholeness of mind and body ensures our survival.

That concludes our preview...now it’s time for your story to begin.

BIBLIOGRAPHY

It would be quicker to show you a picture of my bookshelves than to write out a list of books.

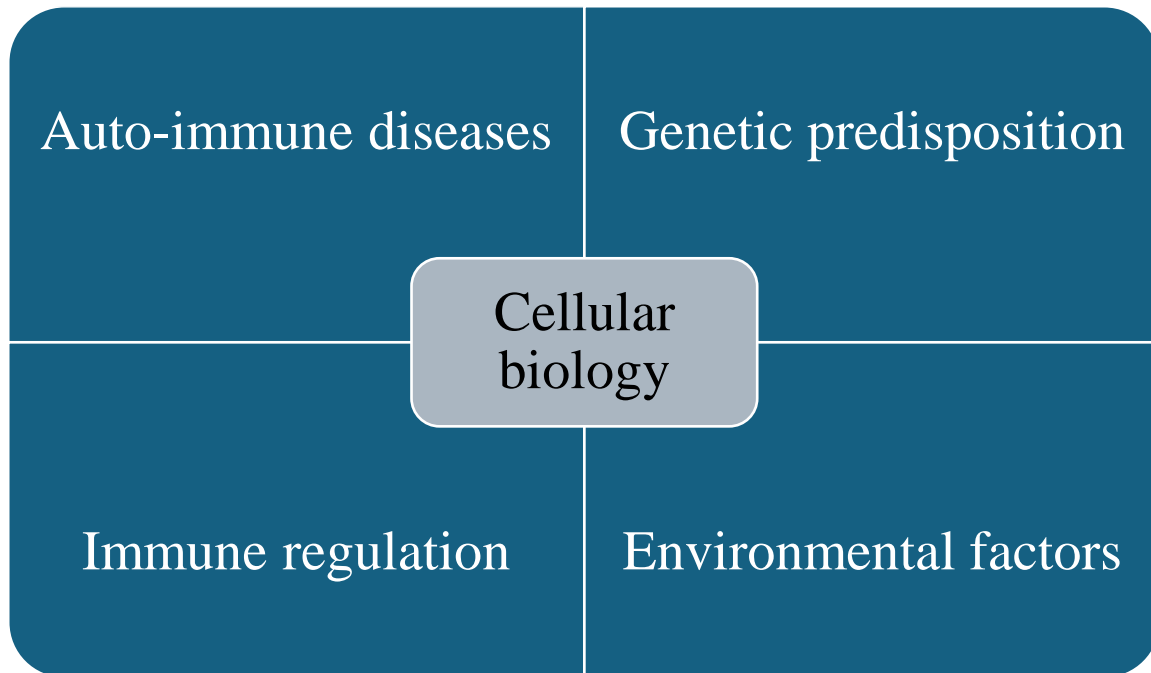
- . All Désiré Mérien's books on vital health
- . Jean Seignalet's book: *Diet, the third medicine*
- . Sarah Ballantyne's books on recovery from so-called "auto-immune" diseases
- . Robert Morse: *The Detox Miracle Sourcebook*
- . Raphaël Perez's books on holistic health
- . All of Albert Mosséri's books on natural hygiene
- . All Herbert Shelton's books on natural hygiene
- . Irène Grosjean's books on natural health
- . Terry Wahls' books on remission from multiple sclerosis
- . Books on "trigger point therapy" (deep tissue massage of the muscular fascia)
- . Bernard Clavière's book on his vision of natural health
- . Florian Gomet's books on natural hygiene
- . Douglas Graham's book on natural health
- . Colin Campbell's book *The Campbell Plan*
- . John McDougall's book *The Starch Solution*
- . Books on Ehlers-Danlos syndrome and MCAS, including those by Dr. Claude Hamonet and Stéphane Daens.
- . Books on the intestine, our second brain
- . As many books as possible on lifestyle diseases
- . Professor Jauvais' books on natural health
- . Ray Peat's books on nutrition from a biological perspective
- . The works of Robert Masson, a naturopath with a holistic vision
- . Weston Price's book on malnutrition and lifestyle diseases
- . All the works of Christophe André, Mathieu Ricard and Alexandre Jollien on meditation, wisdom, altruism, etc.
- . All the Dalai Lama's books on Buddhism and its values
- . Jean-Marie Defossez's book on "stimulating and soothing the vagus nerve"

- . Dominique Guyaux's books on sensory diets
- . Adam Nour's book on recovery from Lyme disease
- . All David Servan Schreiber's books on cancer and the psychology of emotions
- . Natasha Campbell's books on the GAPS diet (although I disagree on the consumption of certain animal products, even if they are of high quality)
- . Elodie Leclercq's books on personal development, notably the book *At The Heart Of The Self*, and Marine Leleu's book on her passion for endurance sports
- . Frédéric Lenoir's books on meditation and the philosophy of life in general
- . Books on autism by Julie Dachez, Josef Schovanec and Paul El Kharrat
- . Books by my friend Gwenola on personal development and her life journey
- . Jean Paul Curtay's book *Okinawa* on anti-inflammatory diets
- . Julien Venesson's book on the paleo diet and his wife's recovery from multiple sclerosis
- . As many books as possible on managing toxins of all kinds (dietary, mental)
- . The works of philosophers René Descartes, Emmanuel Kant, Denis Diderot, Jean-Jacques Rousseau, Jean-Paul Sartre, Voltaire, Guy de Maupassant, Socrates, Aristotle, Plato...
- . The books *EAT 1* and *EAT 2* by Gilles Lartigot
- . Books by Christophe Carrio and Clair & Amber Davies on energy healing through massage of the muscular fascia
- . As many books as possible on biological decoding (the psychology of emotions) and limbic retraining (reprogramming the brain)
- . The works of Hippocrates
- . The works of Albert Einstein

And many others...

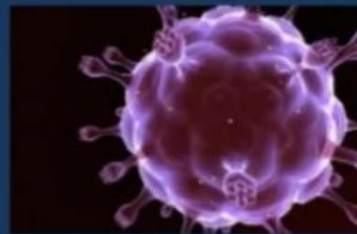
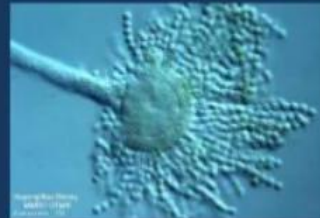
APPENDICES

The causes of disease



LEADING CAUSES OF DEATH IN FRANCE IN 2024
Sources: France's National Institute for Medical Research (<i>Institut national de la Recherche Médicale</i> - INSERM), France's National Institute for Demographic Research (<i>Institut national des études démographiques</i> - INED)
Cancers
Diseases of the circulatory system (myocardial infarction, pericarditis, myocarditis, aneurisms)
Medically undefined deaths
Respiratory diseases (pneumonia, flu, asthma)
Diseases of the nervous system (Parkinson's Alzheimer's, etc.)
External causes (accidents, falls, homicide, suicide, drowning, etc.)
Mental illnesses (dementia, etc.)
Digestive diseases
Endocrine diseases (diabetes, etc.)
Infectious and parasitic diseases (tuberculosis, AIDS, viral hepatitis, etc.)
Other diseases
COVID

Infectious diseases are caused by infectious organisms: bacteria, fungi, parasites and viruses. We can avoid their transmission by taking hygiene precautions.



Pathogens = Virus,
bacteria, fungi,
parasites, prions

Inactive

Balance = no
disease

Pathogens = Virus,
bacteria, fungi,
parasites, prions

Active

Imbalance =
Disease

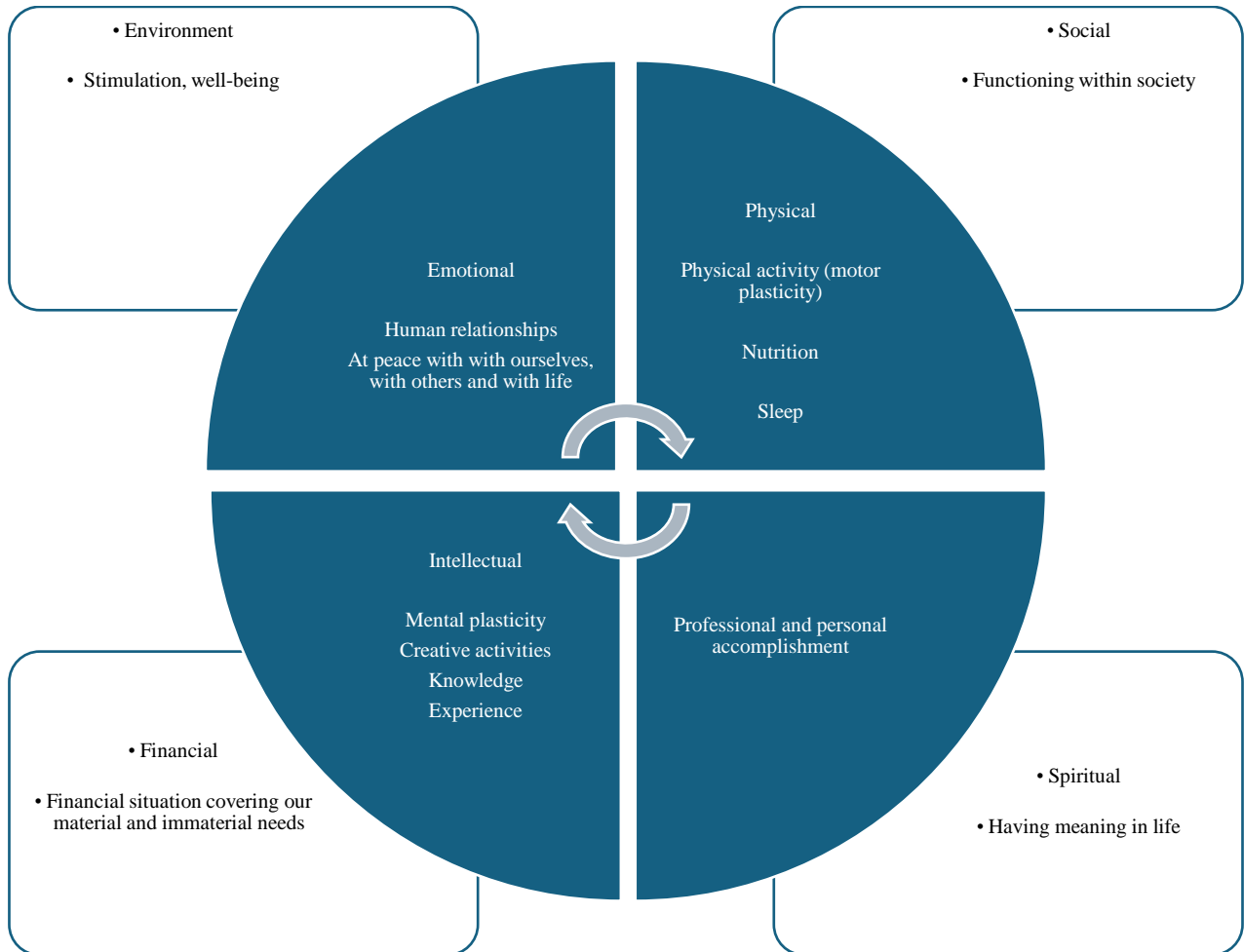
Pathogens = Virus,
bacteria, fungi,
parasites, prions

Prevention
(environmental
factors)

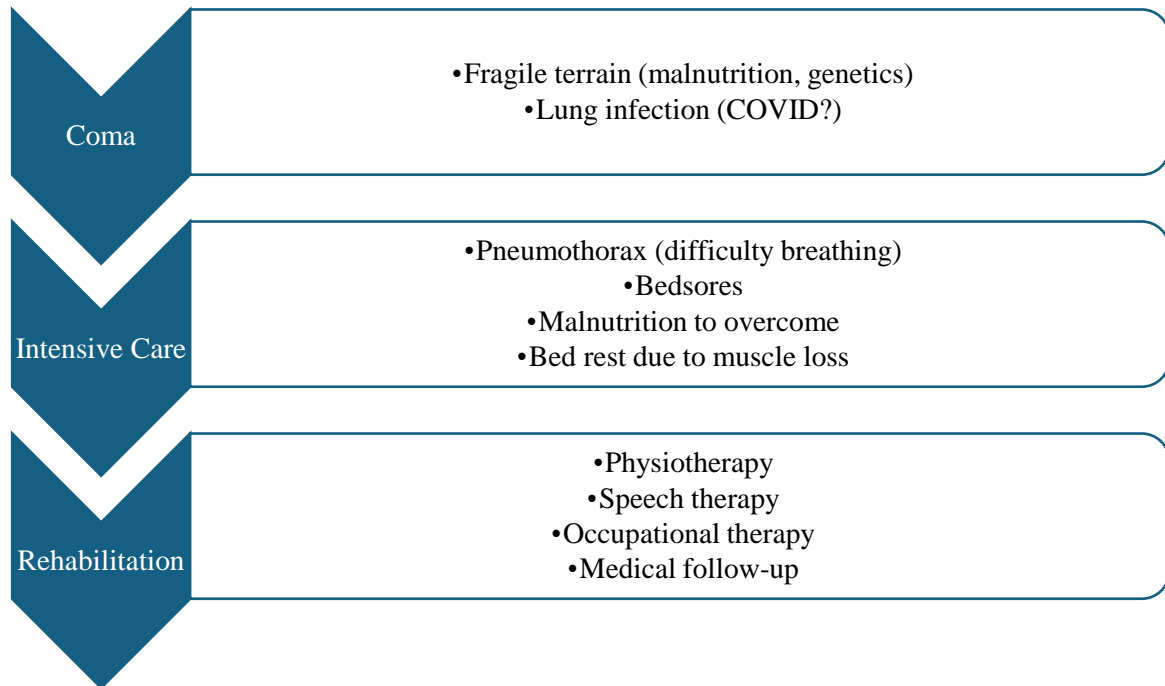
Balance = no
disease

Summary of current health goals

The 8 dimensions of wellness

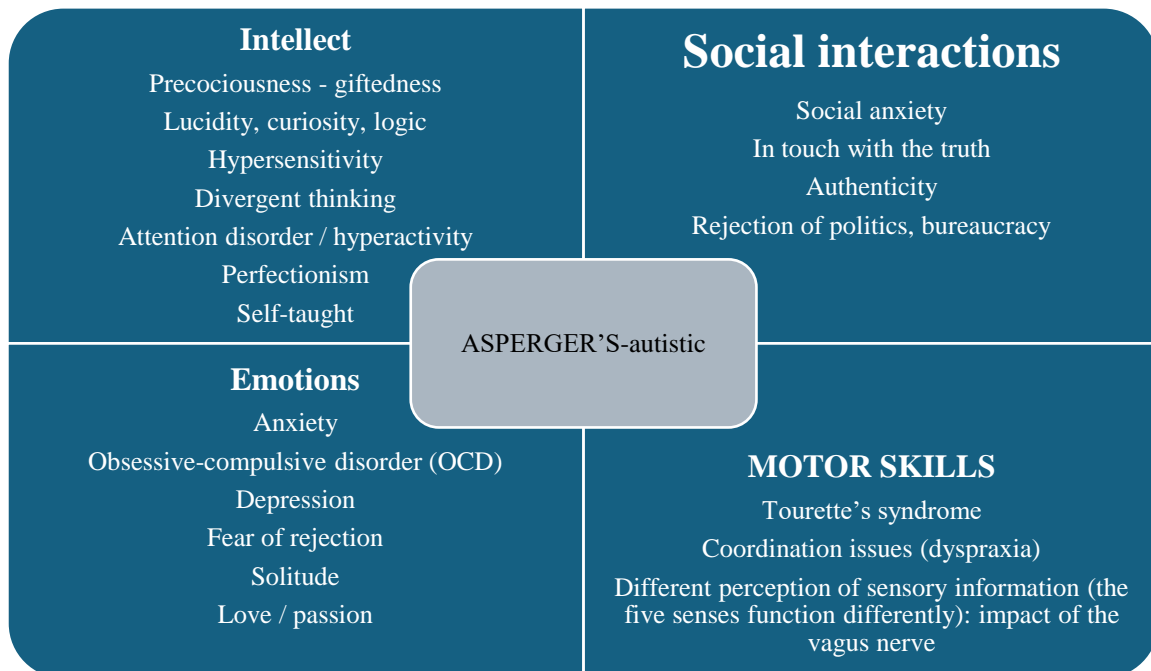


Overview of the domino effect (14 months in hospital)

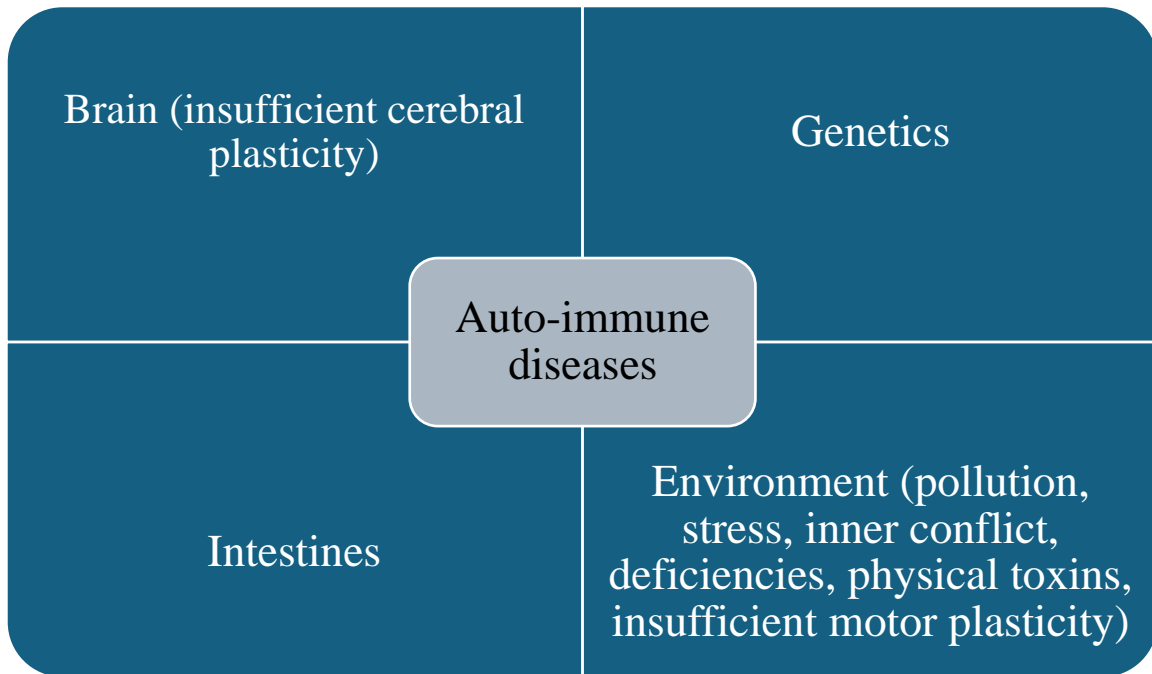


Information on autism spectrum disorder, Asperger's

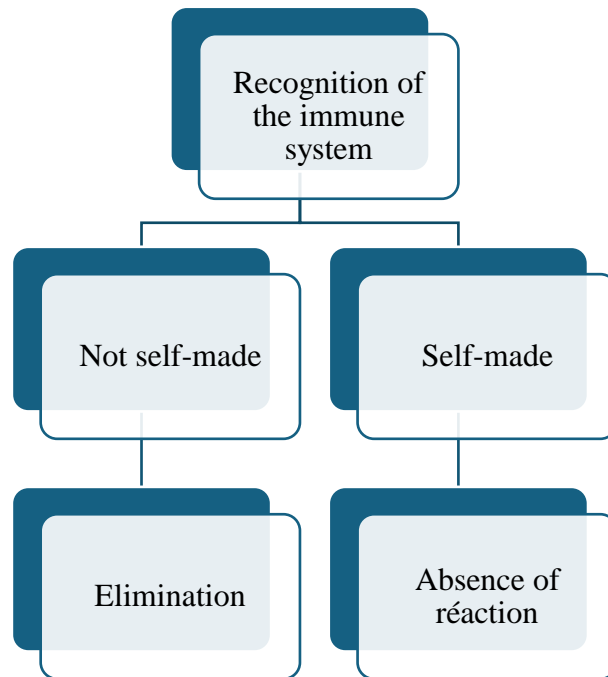
AS THEY ARE – THE REALITY – ABSOLUTE	AS THEY ARE SEEN – PREJUDICES - RELATIVE
Different	Strange
Clumsy	Badly brought up
Different approach to relationships	Lives in a bubble
Practical, consistent, rigid	Opposition/manipulation mindset
Disorganisation	Aggressive
Sensory peculiarities	Hypersensitive
Anxiety	Hypersensitive
Specific interests	High IQ, genius



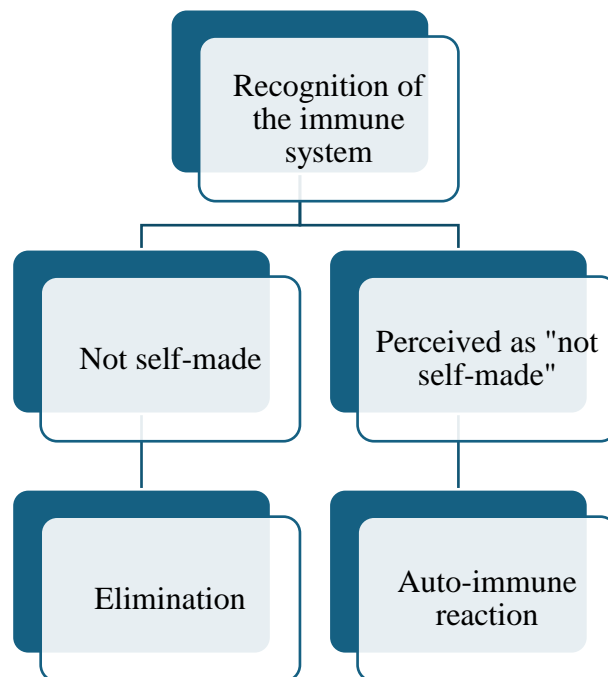
Information on auto-immune diseases



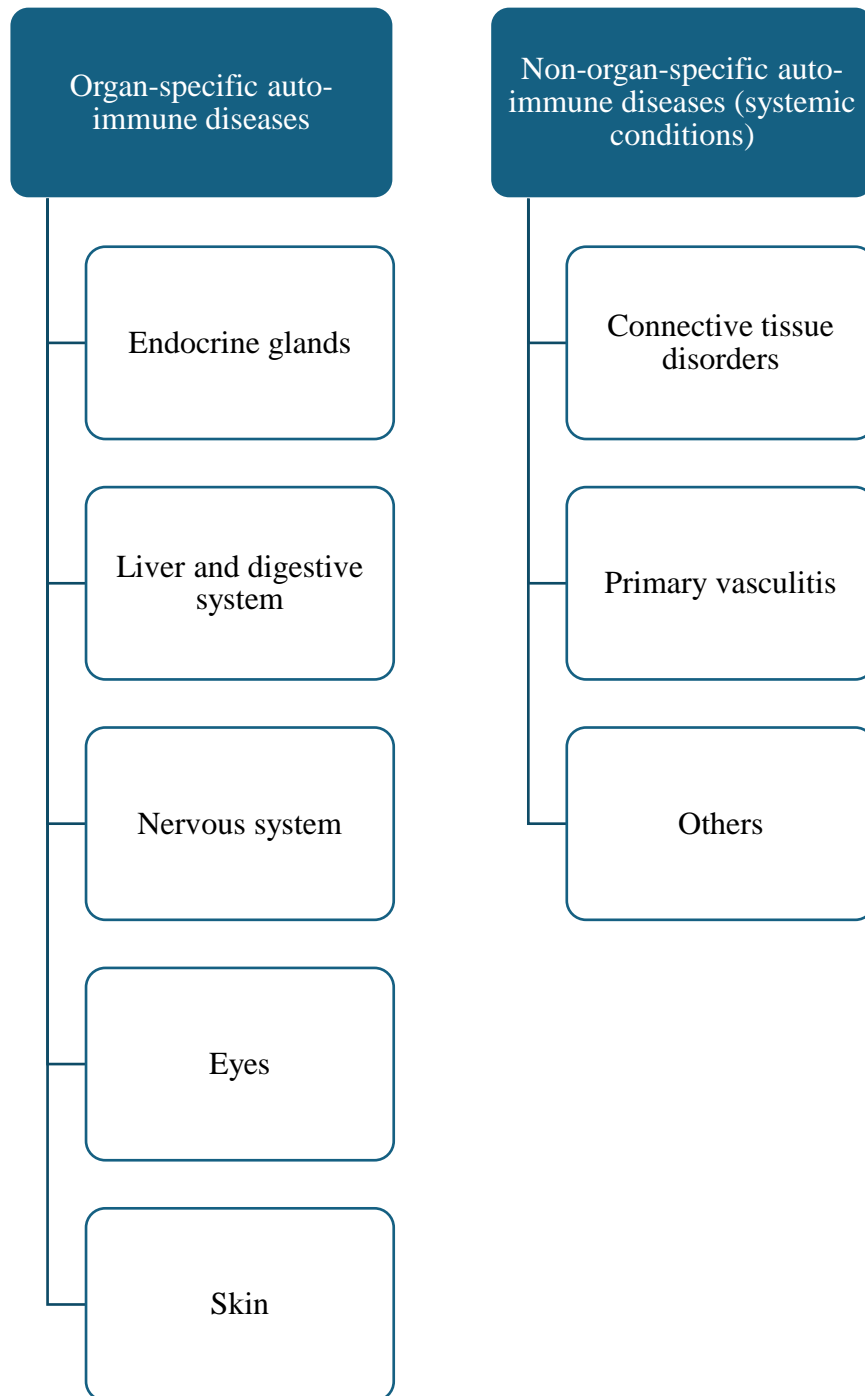
Immune system self-tolerance :



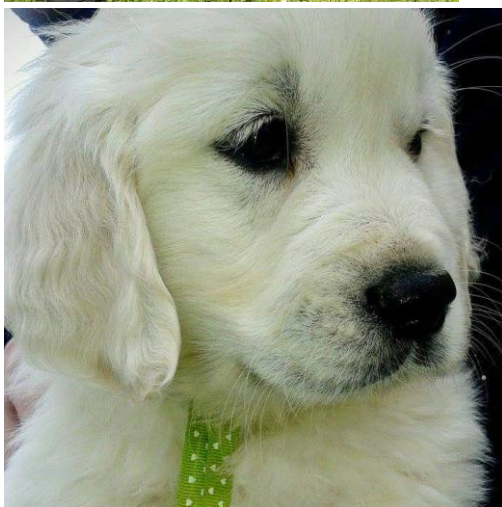
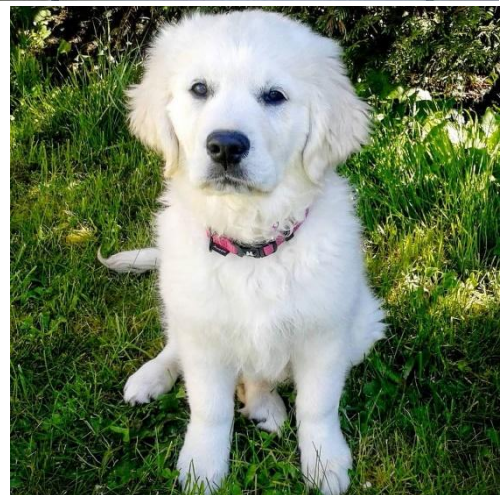
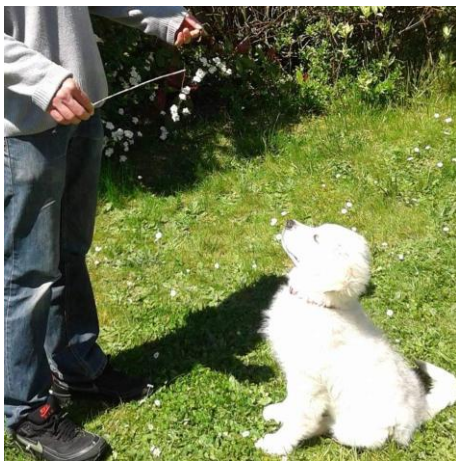
In auto-immune diseases (reaction of the immune system) :



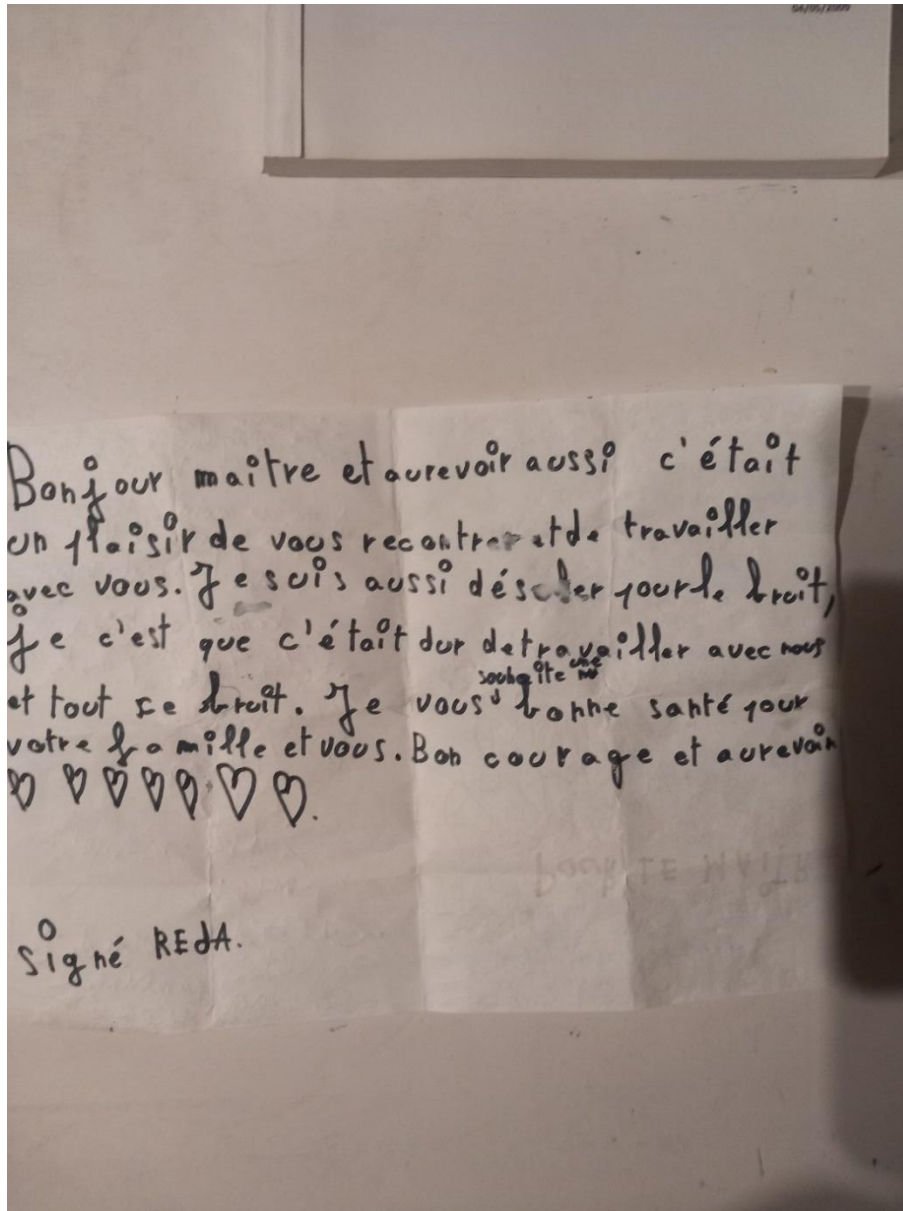
Systemic “widespread” auto-immune diseases	“Localised” organ auto-immune diseases
Myositis	Cytopenia
Scleroderma	Type 1 Diabetes
Sjögren’s disease	Hepatitis
Rheumatoid polyarthritis	Celiac disease
Systemic Lupus	Myasthenia
Systemic vasculitis	Auto-immune neuropathies
	Psoriasis
	Multiple sclerosis
	Thyroiditis
	Vitiligo



Proof that I'm not a robot: my dog, the subject of emotional and affectionate transference for 8 years.



Message from a student, sent just before I went into intensive care; proof that being appreciated doesn't always immunise us.



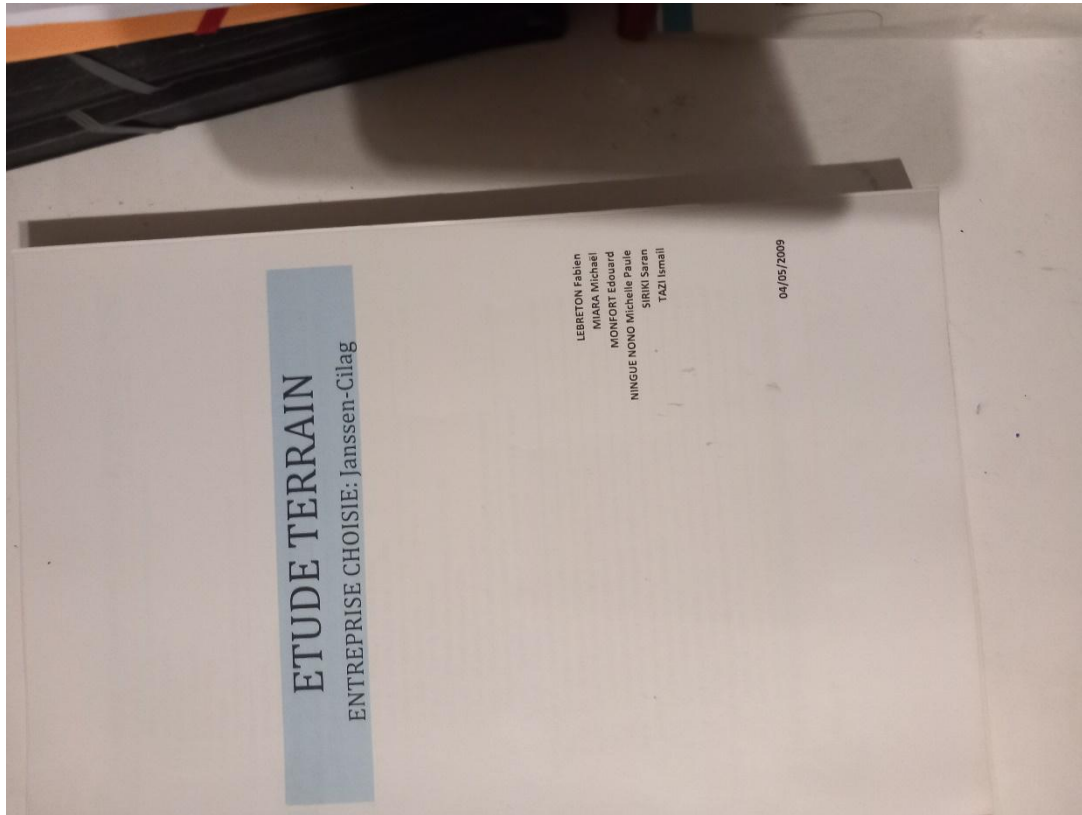
“Hello teacher, and see you soon, it was nice to meet you and to work with you. I’m sorry for all the noise, I know that it was hard to work with us with all that noise. Wishing you good health for you and your family. Stay strong, and until next time.

From Reda”

My fingers, still retracted: perfect tools for writing a book



Proof of my interest in medicine



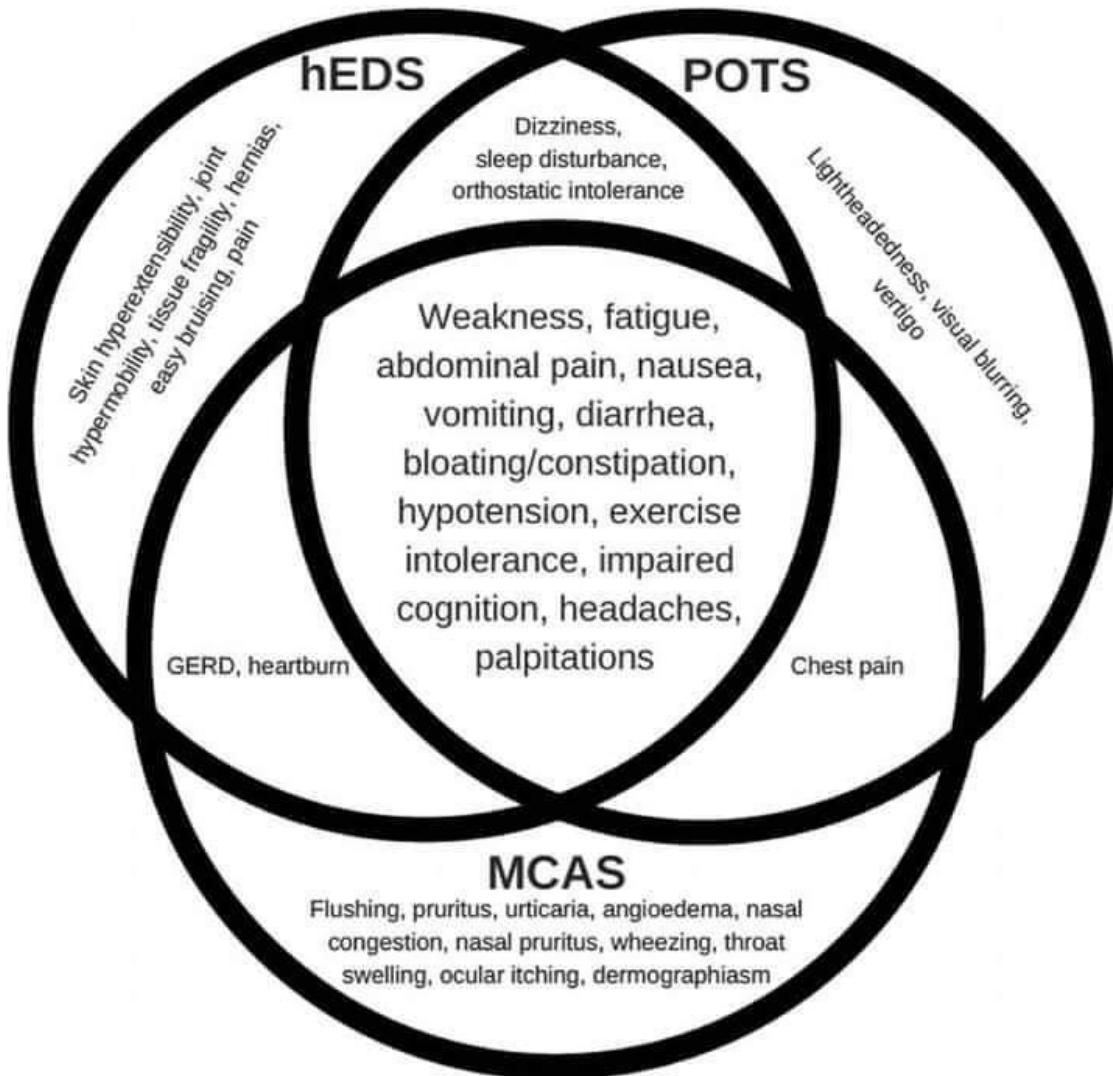
ETUDE TERRAIN	FIELD STUDY
ENTREPRISE CHOISIE : Janssen-Cilag	COMPANY SELECTED: Janssen-Cilag

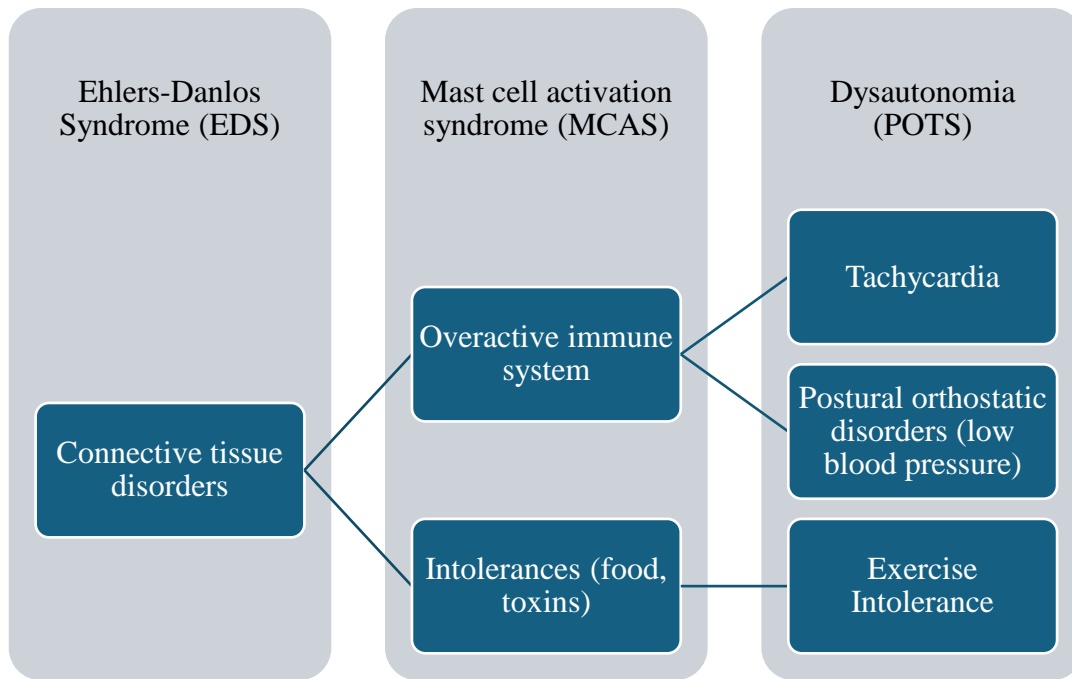
Illustration of my genetic illness: Ehlers-Danlos syndrome, my mountain to climb, the bruise on my soul

EDS= Ehlers-Danlos syndrome

MCAS= mast cell activation syndrome

POTS= Postural orthostatic tachycardia syndrome





One of my worlds, one of my bookshelves



In conclusion:

“It takes 40 muscles to frown, but only 15 to smile. Take a break, and smile.” (Christophe André)

“Each of us bears points of view, but not absolute truth.” (aphorism)

“What is meant for you will find a way to reach you.” (Hester Browne)

“Children must be taught how to think, not what to think.” (aphorism)

“Some things are not profitable for the pharmaceutical, food and arms industries: health, restraint and peace.” (aphorism)