The Missing Link to Strong Immunity!

A 100% science- based measurable approach to build a strong immune system, have more energy and mental clarity without spending a fortune on medicines and treatments.

Kostas Kapelas Msc , Holistic Energy & Health specialist
Founder - Total Health Now Clinic ®
Creator - Kapelas Health System®

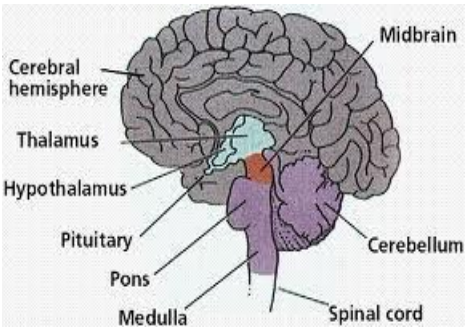
Abstract

Statement of the Problem: People with autoimmune diseases and chronic health problems have a weak immune system. The strength of an immune system is directly depended on oxygenation levels in our blood cell tissues. Our blood cell tissues oxygenation is controlled and regulated by the Respiratory Center (Medulla Oblongata). The Respiratory Centre is influenced directly and indirectly by our lifestyle choices and stressors such as emotions, nutrition, electropollution, physical activity, toxicity and many more. As modern lifestyle, especially in the western world, has been far from optimum, people continue patching their health symptoms without addressing the root cause of their health problems, which is retraining their respiratory centre and improving their lifestyle holistically. The purpose of this presentation is to present you with the science and the methodology that we have been using for over ten years successfully in our clinic, which will be a roadmap on how to rebuild your health!

Theoretical Orientation & Methodology: The **medulla oblongata** or simply **medulla** is responsible for **autonomic** (involuntary) functions, ranging from **vomiting** to **sneezing**. It contains the **cardiac, respiratory, vomiting** and **vasomotor** centers and therefore deals with the autonomic functions of **breathing, heart rate** and **blood pressure, and** the **sleep-wake cycle.** This presentation methodology is based on practical clinical experience and scientific research from over thirty different health modalities. It is also based on the experience and clinical results that clients have gained on dozens of my courses that focus specifically on retraining the Respiratory Centre (Medulla).

Conclusion & Significance: Health problems occur to people with low oxygenation in their blood cell tissues directly linked to their Respiratory Centre and their lifestyle. The recommendation is to retrain their Respiratory Center in conjunction with improving their lifestyle holistically too.

Medulla Oblongata (Medulla)



Publications

1. Kostas Kapelas Msc, (2014), "**Why Vegans/Vegetarians Have Higher Oxygen & Good PH**", VegFest UK live presentation. Link to the presentation
2. Kostas Kapelas Msc, (2019) "**Your Health Mot (Assessment) - The Power of Prevention**", Sovereign magazine. Link to article
3. Kostas Kapelas Msc, (2020), "**Gut Health – The Missing Link to Strong Immune System**", High Profile magazine Link to article
4. Kostas Kapelas Msc, (2018), "**Detox your Health and Boost your Business & Quality of Life**", The Ultimate Entrepreneur. Link to the presentation
5. "**The Theoretical Premises of the ICDR Method – The Role of Carbon Dioxide in the Vital Processes of the organism**. (1986) " Buteyko K.P. Geniva V.A., Gavalov S.M., Panova L.A. Shelomova K.V., Putintsev E.V. (Based on extensive bibliography & medical publications between 1962-1986) Link to the report



Biography

Konstantinos (kostas) Kapelas is the creator of the Kapelas Health System® and specializes in helping people to Rebuild their Health and Recharge their Energy by addressing the root cause of their health problems. Kostas believes that toxin free lifestyle, emotional and spiritual stability, proper nutrition, breathing and exercise, are the keys to good health. He seeks to treat the whole person, not just the symptoms. He offers practical health solutions without the hype. For the past 10 years Kostas has been running successfully Total Health Now® a Central London clinic that specialises in gut health, detox and weight/fat management! His clinic has helped over 2000 clients to improve their health since 2012.Kostas is an accomplished public speaker, who puts on regular live and online events in London and Greece, sharing the truth about natural health and healthy lifestyle.

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Notes/Comments