



Maria Gonet advising the patients to eat naturally

Right nutrition can cure any diseases, says Gonet

By Lise Jachwitz

An ounce of prevention is better than a pound of cure, goes a popular adage that everybody should take by heart. People no matter how they take extra care of their health still get sick for some reasons for there are many pathophysiological factors that contribute to various diseases. But our main concern is how to cure such diseases. Normally, when signs and symptoms appear, we immediately go to the doctor for consultations who in turn gives us medications to alleviate our health problems. However, as years go by, there have been unprecedented medical breakthroughs which offered various approaches to diseases and some of these have become more and more popular.

Kuwait Times went to a counselling Office here in Kuwait and sat with Maria E Gonet, a weight control and clinical nutrition consultant. Gonet claims that lifestyle changes and right nutrition can cure any diseases except the last stage of cancer. In an exclusive interview with Kuwait Times, Gonet revealed the secrets of the optional treatment.



One of her patients had psoriasis for more than 20 years

Intervention

Gonet answered the area on medical intervention by asking another question. "Why is there additional treatment of our health, when additional physics or biology do not exist?" She pointed out that traditional medicine is not always the right way to cure the patients. The most important is to diagnose the patient and then we need to find the cause of the symptoms. "If the disease is not diagnosed right, it will become a bigger problem," explained Gonet. She believes that surgery can be reduced by 90 per cent using additional treatment and nutrition instead. With wrong treatment, the disease becomes self-inflicted and the longer it lingers, the more difficult it is to reverse it.

When people are sick they want to be cured immediately. "This is what I call fast-fixes. People want fast results because they do not have time to be sick," disclosed Gonet. In additional treatment there are hardly any fast-fixes, but success will come with time. "The patients need to believe in the treatment and be persistent," said Gonet convincingly.

Disease is defined as excess toxicity in the system and nutritional imbalance. According to Gonet malnutrition, sedentary lifestyle, bad habits and pollutants in all forms trigger diseases. In order to cure the disease, it is necessary to eliminate its causes. "Diet is the number one factor to cure the patient," explained Gonet with a smile. She added that what you eat is important for your body, as the body needs certain vitamins and minerals to function properly.

Hypocrates, the father of modern medicine, said that "food is your medicine and the future doctor should interest his patient in needed lifestyle changes." Also Prophet Mohammed (PBUH)

stated that the stomach is the house of all diseases and diet is the main remedy. Dr H C A Vogel from Switzerland who called himself the nature doctor, stated: "I am firmly convinced that despite the great achievements and advancements of modern medical science, we ourselves, even with the most sophisticated medical equipment cannot do the healing. Only nature can heal and cure. We can only help and support its laws that makes the cure possible."

Natural

The body consists of natural resources and it should be treated with natural products. "The body needs these natural products, which are often present in medications. However, medications have different side effects which may trigger other diseases," noted Gonet.

In additional treatment, it is often important to change the lifestyle and habits. "People find it very hard to change, and they usually do not want to change. They try not to face the problem because they also need to change themselves," said Gonet. Everybody has habits, some of them we have had our whole lives, and it takes a lot for us to change. Leonardo Da Vinci once said "the biggest victory in the world is the human beings' victory over themselves." "It is often claimed that diseases are hereditary, but it is not a genetic inheritance," cited Gonet. On the other hand, she thinks that we are exposed to certain factors which trigger our tendencies for certain illnesses. Families have habits and food traditions are brought over from generation to generation. Gonet said that the tendencies can be eliminated by changing the diet and lifestyle of the patient.

Gonet has many examples of treatment she can refer to. After 20 years in the field, she gains new experience in each new case since people respond differently. She has cured patients for skin diseases, aller-

gies and heart problems. One of the patients, Maria, she had acne for 20 years and had been on various medications without improvement. After seeing Gonet, the acne disappeared in a couple of weeks. A young child had had allergies for many years to the extent that she was fainting. "The parents were desperate to help her and they followed my instructions closely, and now she has been fine for four years," shared Gonet. Another child, Nadi, was treated for asthma. She had been on ventolin and other medications for years, but Gonet discovered that she had a deficiency of minerals.

Patient

Gonet has a Master of Science degree in biology and has taken a masters course in nutrition at the University of London. When the patients come to her, she gives them three consultations. The first she gets to know the patient, then she reconsiders it and lastly she makes a schedule for the patient to follow. "I ask them about the symptoms, their lifestyle and their diet to diagnose the patient and find the cause of it, so I have not need laboratory tests," said Gonet. After leaving the patient to follow her schedule for some time, she sees the patient again. "Sometimes this is enough, but in difficult cases, it takes longer time and we may have to try different methods," revealed Gonet.

The best treatment for diseases is prevention and the way to do is to use natural products. It is important to eat the food as fresh as possible and as close to the natural form as possible. Since cooking destroy a lot of nutrients, so we should eat 60-80 percent of raw and 20-40 percent cooked food. "The patients need to believe in the treatment and they need to persistently follow my instructions," said Gonet. She uses different herbs, salt and food to help the patients achieve a better and healthy life.