

Flush Your Body Clean, Eat The Right Food, And Think Positively To Get Rid Of Your Chronic Pain And Depression

Prof. Maria Kuman, PhD

Holistic Research Institute, Knoxville, TN 37923, USA

Abstract

The article teaches how to avoid chronic pain or depression in advance age. Start at early age to: 1/ eat only blood-thinning food like lemons, cabbage family, turnip family, cucumbers, onions, okra, celery, leek, etc.; 2/ avoid blood-thickening food like meat, beans, eggs, spinach, asparagus, etc.; 3/ think only positively and allow only positive emotions because positive thinking and positive emotions make the blood more alkaline and thinner and improve the blood circulation. 4/ Avoid negative thinking and emotions because your sour mood makes your blood more sour and the sour (acidic) blood is thicker, and makes the blood circulation more poor (from here comes the saying “I am in sour mood”); and 5/ do yearly flushing of the toxins from the body. Accumulated toxins in the blood lead to chronic pain or depression because they make the blood thicker, and in advanced age when the heart muscles are not strong enough to pump the thick blood, the blood can coagulate and cause heart attack or stroke.

Key words: chronic pain; depression; eat blood-thinning food; avoid blood-thickening food; avoid negative emotions; avoid negative thinking.

Correspondence:

Prof. Maria Kuman, PhD

Holistic Research Institute, Knoxville, TN 37923, USA

Received Date: 02 June 2026

Accepted Date: 08 June 2026

Published Date: 15 June 2026

Citation: Maria Kuman. Flush Your Body Clean, Eat The Right Food, And Think Positively To Get Rid Of Your Chronic Pain And Depression. J Med Clin Sci Res. 2026; 1(1): 1- 3

Copyright:

© 2026 Authors. This is an open-access article distributed under the terms of the Creative Commons Attribution 4.0 International license.

1. Introduction

The oldest man that ever lived on Earth was Chinese and he lived to be 256 years old (he had a legitimate birth certificate to prove it). Three times the Chinese government awarded him with certificates of being the longest living man on Earth - at ages 150, 200, and 250. When asked how he would explain his longevity, his answer was simple – “Inner Peace and Periodic Cleansing”. Thus, it seems that there is no such a thing as old body, flush the body clean and it will run as new. However, the inner peace is equally important – inner piece means: 1/ only positive thinking, 2/ only positive emotions of love, joy, and laughter, and 3/ be loving, forgiving, and helping others. Helping others brings positive emotional award because we feel good that we have done something good.

2. Flush Your Body Clean

In my book “Delicious Herbal and Folk Remedies” [1], the

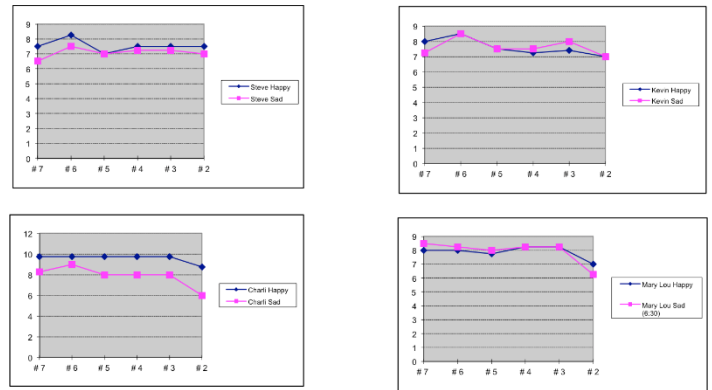
last chapter is “Flush Your Body Clean”. In it, I ask the reasonable question: Why we know that if we want: 1/ our air-conditioning at home to work properly, and 2/ our cars to work properly, we need to change their air filters regularly. However, we never think that we need to cleanse our bodies regularly, if we want them to work properly. In the last chapter of my book [1], I am explaining: 1/ how to flush your gall bladder and get rid of its stones without any pain, 2/ how to cleanse your liver, 3/ how to flush your kidneys, and 4/ how to get rid of the parasites in your intestines.

3. To Have Inner Peace Think Only Positively

I am the only scientist that measured the effect of our way of thinking on our health and wellbeing, because such measurements require a very sensitive equipment. What makes us emotional is our Spirit, seen as aura, and the emotional aura (Spirit) is a very weak field - 1,000 times weaker than the field of the material body. I had to build a very sensitive equipment to be able to measure it. The results of my measurements are presented on Fig. 1.

1/ One can see on Fig. 1 that positive thinking (upper curves) increases the body energy and makes it more balanced. Since balanced energy means health, positive thinking makes us healthy.

2/ One can see on Fig. 1 that negative thinking (lower curves) not only decreases the body energy, it makes it more unbalanced because the energy of the genetically-inherited weak organ drops in energy maximum. This means that with time negative thinking will lead to a disease of the genetically-inherited weak organ. Will the genetically-inherited weak organ suffer chronic disease or cancer is determined by genetic predisposition. In my article [2], I explained what does this mean.



The HeartMath Institute in California [3] found that:

1/ When we meditate on Love or experience positive emotions: 1/ our brain waves measured with EEG are more harmonic, 2/ our heart waves measured with ECG are more harmonic, and 3/ our breathing is more harmonic, and harmonically functioning organs are healthy organs. All this means that positive emotions make us healthy [3]. Also, positive emotions make the breathing deeper, more oxygen is consumed, and this makes the blood more oxygenated and alkaline [3], and the alkaline blood is thinner, circulates faster, and flushes the toxins better.

2/ Opposite to this, negative emotions destroy the harmonic functioning of the organs. The genetically-inherited weak organ with minimum energy collapses first under psychological stress (negative emotions) and suffer chronic disease or cancer [2]. Also, negative emotions suppress the breathing, which makes the blood more acidic [3], and the acidic blood is thicker and its circulation is poor, which facilitates blood coagulation leading to thrombophlebitis, heart attacks, and strokes.

4. Chronic Pain and Depression in Advanced Age Are Caused by Negative Stressful Experiences Now or in the Past

In journal “Prevention” of April 2014 on p. 79 an article was published by Kate Lowenstein about the Dr. Kaplan Center for Integrative Medicine in Virginia [4]. When speaking with his patients trying to figure out what caused their chronic pain or depression, Dr. Kaplan found that: some of them had psychic trauma in early life, others survived natural disasters, third survived serious car accident, forth survived the loss of close family member. Why are these people suffering chronic pain or depression in adulthood? Is the psychological stress a bomb with a delay and why?

Here is my answer. Psychological stress (distress) is negative emotions, which suppress the breathing. This makes the blood more acidic and acidic blood is thicker and

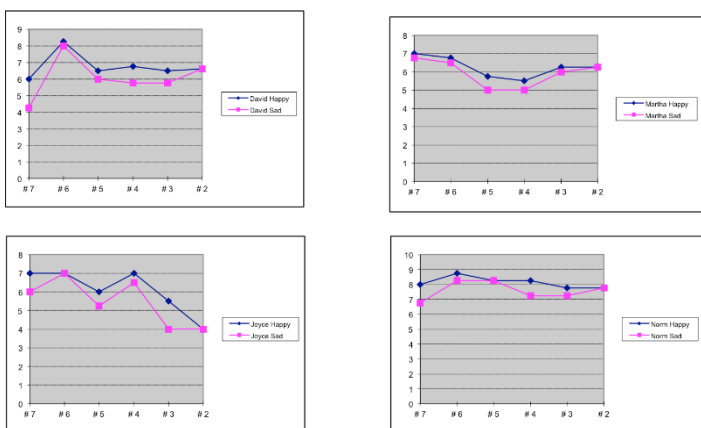


Fig. 1
Energy balance at positive thinking (upper curves) and negative thinking (lower curves)

circulate more poorly. In young age, the heart has the strength to pump this thick blood, but in advanced age, when the heart muscle is weaker, the blood circulation become poor. This facilitates blood coagulation, which leads to thrombophlebitis, heart attacks, strokes, arthritis, chronic pain, or depression.

5. To Avoid Chronic Pain and Depression, Eat Blood-thinning Food and Allow Only Positive Emotions

Beside doing periodic cleansing of the body every year, we need to eat only blood-thinning food [1]. Food that thins the blood and increase the blood circulation is: lemons, cabbage family, turnip family, onions, okra, celery, cucumbers, green peppers, green beans, zucchini, etc. [1]. At the same time, we need to allow only positive emotions [5] because they make the breathing deeper [3], which brings more oxygen to the blood. More oxygen makes the blood more alkaline and thinner, and such blood circulate faster and flushes the body toxins better. This is the best way to avoid chronic pain, which is caused by accumulated toxins.

We also need to avoid blood-thickening food like: meat, eggs, dry beans, spinach, asparagus, etc. [1] and avoid negative emotions, which make the breathing shallower [3]. The shallow breathing makes the blood more acidic [3] and thicker, which slower the blood circulation, and facilitates the accumulation of toxins, and the formation of blood cloths. Accumulated toxins in the joints lead to chronic pain in the joints (arthritis); accumulated toxins in the whole body (including the brain) lead to depression.

6. Conclusion

This article aimed to advise you how to avoid chronic pain or depression in advanced age: 1/ flush the body clean every year; 2/ eat only blood-thinning food; 3/ experience only positive emotions and allow only positive thinking, which thin the blood and allow the body to flush the toxins out. At the same time, 4/ avoid blood-thickening food and 5/ avoid negative emotions (as well as negative thinking), which make the blood thicker, and the blood circulation more poor. This facilitates the accumulation of toxins, which leads to chronic pain of arthritis (if the toxins accumulate in the joints) or depression (if the toxins are in the whole body including the brain).

References

1. M. Kuman, *Delicious Herbal and Folk Remedies*, Health and Happiness Books, 1993.
2. M. Kuman, *Could Prayer's Info-energy Restore the Distorted by Stress Informational Field in the Extra-cellular Space of Cancerous Tissue*, *International Journal of Complimentary and Alternative Medicine*, 17 (5) 2024.
3. www.HeartMathInstitute.org
4. K. Loweinstein, *Brain on Fire*, Prevention, April, 2014, p. 78.
5. M. Kuman, *Why Are We Emotional? Why Are We Craving Love?* v. 3, Health and Happiness Books, 2020.