

Karla Tallas

INTERVIEW

HERBS ARE NOT PILLS,
BUT FOOD SUPPLEMENTS



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Mgr. Jarmila Podhorna founded her company Nadeje ("hope" in English) over 20 years ago. She started her business career when she officially terminated her employment upon her retirement. She introduced gemmotherapy to the Czech market and consequently became an authority in the field of alternative medicine. She comes from Brodek u Konice (Region of South Moravia), where she built a bud garden, considered unique in the world. For her work, she was awarded a number of awards, including first place in the category of innovative business in the Czech Businesswomen Awards project. Not only the awards but also the frequent positive feedback from clients are proof that her path is right and meaningful.

Through her company, Mrs. Podhorna specializes mainly in curative treatments, designed for individual health problems. She focuses mainly on problematic diseases that are not easy to treat or for which there is still no solution. She has

achieved great success with curative treatments for borreliosis (also known as Lyme disease), body and digestive cleansing, viral, bacterial, fungal and parasitic issues, circulatory and vascular diseases, gynecological problems, male problems, sterility, allergies, eczema, respiratory problems, musculoskeletal problems, nerve problems, skin problems or immunity and defense against cancer tumors.



She is very vital and constantly active at her age. In addition to almost continuous work in the company, she regularly lectures at faculties and organizes one-day and weekend seminars on the possibilities of herbal and alternative treatments. Mrs. Podhorna has written several publications, the latest one is called "Herbs Healing". This is a textbook on the effects of plants and buds on our organism. She prefers alternative medicine, but classical medicine is, according to her words, also important in many respects. She also cooperates with doctors, preparing medical treatments for their patients.



“Herbs have been used for health issues since the beginning of human history, as one of the remedies to restore health.”

The first time I met you, I was literally mesmerized by your life story. You started your company Nadeje (“Hope” in English) after your retirement. What motivated you to decide to take this path at the age when women mostly prefer grandchildren and family?

This decision was the result of my lifelong philosophy of helping people improve their health in a natural way without side effects. I was looking for possibilities of natural medicine and the decision was made at the presentation by Ing. Jiri Janca (Europe’s renowned alternative medicine therapist, who was one of the Czech leading and most popular experts in the field}, where he said: “If someone produced the tinctures from our herbs, they would be much better than imported products”, which were almost the only ones available at our market 20 years ago.

You have dedicated your whole life to nature and herbs. Your experience and knowledge are very rich. What are the essential effects of herbs on the human body and how can they help?

Herbs have been used for health issues since the beginning of human history, as one of the remedies to restore health. They have many effects for which people use them:

- 1) Purification of the organism in a natural way,
- 2) The supply of missing trace elements to the organism,

- 3) Use of active substances of herbs for improving human health,
- 4) It is one of the remedies that will help prevent serious lifestyle diseases (diseases of civilization),
- 5) They have no side effects on the organism.

What did the start-up of such a company involve before starting its own production?

The start of production was preceded by a lifelong study of all available information, both on herbs and on the possibilities of alternative medicine (e.g. acupuncture, massage, yoga, etc.) to improve the health of the organism. As a teacher, I focused on the health problems of children in connection with teaching. I studied these problems by studying and working as an educational consultant at school.

I was interested in solving problems that are still unsolved, namely dyslexia, stuttering, and nerve problems of children. I have been looking for the causes and solutions to these problems, and studies and records 40 years old testify to this. Unfortunately, these problems are still unresolved, and I am still working on other possibilities for their improvement.

I will return to the beginnings of production. The words of Mr. Jiri Janca, made me decide to convert the cellar in our family house into a laboratory where I tried to see if these remedies could be produced and, above all, if they can really help. Already with

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Hypericum (St John's Wort), I was convinced that I was on the right track. I continued with the herbs I knew and found out their effects on the human body. At the same time, I had to obtain permission from the National Institute of Public Health and the Ministry to sell them. I also had to create decent conditions for production and educate people about the importance of herbs. It was a tough and hard way, resulting in a company and gardens that are unique in the world.

You use a special herbal method called gemmotherapy. What are its main specifics and effects, and why did you choose this method?

I came to the herbal method of gemmotherapy when I was looking for regenerative remedies for the treatment of borreliosis. I was fortunate enough to find out that poplar buds help the organism to deal with borreliosis. But even after poplar exposure, problems remain due to borreliosis. I was lucky to find a chapter of 5 pages on gemmotherapy in the herbarium of Jiri Janca and Josef A. Zentrich (Specialist in phytotherapy, publications on medicinal herbs). On the first page, I was intrigued to find out that the germ tissues (buds, roots, young shoots) contain a lot of substances from the plant that the human organism can use for regeneration. The discovery that these remedies increase immunity, improve the central nervous system, rejuvenate the body, and some can cure illnesses that have not been cured yet, has led me to try and produce them.

Most of your products are made from your own resources, and your gardens are, as you say, unique to the world. What do you grow on your land and which herbs do you use the most often for tincture production?

We have several gardens – a show garden of our and exotic herbs, herb garden for use and a bud garden that is unique in the world. The area of 2 acres is planted with 47 species of trees and shrubs. Trees are in shrubby form and serve both as remedies for obtaining buds for production and as study material for students or citizens.

The herbs we use the most often to prepare tinctures are – Tropaeolum (Due to its strong antioxidant effects, reduces the excessive occurrence of unwanted bacteria in the urinary and respiratory tracts and thus help in the defense processes during chill.), Hypericum (Has calming effects on the nervous system's reaction to the presence of microbes, supports the function of the vascular system, and is suitable for rehabilitation after vascular accidents.), Echinacea (Strongly strengthens the body's defenses, removes lymphatic problems, inflammatory processes, varicose veins and hemorrhoids, and has an anti-cancer effect.), Garlic (Has a disinfectant, antibacterial and antifungal action that, besides others, also reduces the occurrence of golden staphylococcus and Candida albicans, disinfects intestinal contents, helps maintain intestinal function within normal limits, and has a beneficial



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effect on the respiratory system. It also lowers blood pressure – tending to the higher values, helps maintain normal cholesterol and clear blood vessels without fat sediments.), Echinops (Helps maintain muscle substance and supports muscle movement, soothes irritation and pain of nervous origin. It supports recovery after severe injuries, positively affects heart activity.) and Tribulus (Positively affects vital functions, strengthens the body, optimizes heart and blood vessel activity, supports muscle revitalization, strengthens sexual activity and function, and helps to dissolve urinary stones.).

The buds of the trees which are mostly used: Blackcurrants (Harmonizes the activity of endocrine glands, suitable for skin reactions from hypersensitivity, hay fever and persistent dyspnea, helps maintain normal blood pressure, acts against fatigue and against migraines.), Aronia (The most important properties of Aronia are its antioxidant effects. Antioxidants slow down aging, prevent cell damage, and reduce the risk of heart and degenerative diseases), Cranberry (Is a known disinfectant in the presence of undesirable microbes in the urinary tract, it also helps healthy prostate function. It helps to keep blood vessels clean without fat sediments. Excellent for older people and for menopausal women.), Sorbus aucuparia (Favorably affects hormonal balance, regulates menstrual cycle, supports fertility, facilitates menopause.), Poplar (Strengthens the body's defense system, supports

healthy heart activity, counteracts blood clotting in veins, supports good condition and function of joints and bone tissue, strengthens the nervous system and memory, calms migraines.) and more.

Which of the exotic herbs do you use to make tinctures?

We use exotic herbs that grow in our conditions and have an exceptional effect – Eleutherococcus (Is an adaptogen increasing resistance to stress, soothing the nervous system. Stimulates blood flow to the heart muscle and brain, helping to maintain normal cholesterol levels. Strengthens the function of the defense system, and it is a suitable aid in radiation. It has a positive effect on varicose veins.), Gotu Kola (Supports normal function of urinary and gynecological system, dilates blood vessels, it helps with blood circulation in the brain, supports memory, calms tinnitus, helps revitalize the organism, strengthens psyche, maintains good moods, and calms the nervous system. It has a beneficial effect on the mucous membranes of the stomach and contributes to the maintenance of a healthy state of skin function, heart and blood vessels.), Tribulus (Positively affects vital functions, strengthens the body, optimizes heart and blood vessel activity, supports muscle revitalization, strengthens sexual activity and function, helps to dissolve urinary stones.) or Dangshen (Helps to maintain normal body temperature, strengthens sexual activity of both sexes, and has a positive effect on persistent

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dyspnea. It promotes hematopoiesis, helps with blood circulation in the brain, and deepens sleep. Stimulates defense processes.

We have an advisor Professor Pavel Valicek, who helped me in setting up the garden, and we are still using his experience. His uniqueness is that he brought all these herbs from China and Vietnam to the Czech Republic and wrote several books about them.

I also use the experience of Mr Ing. Josef Dostal, former director of the Pruhonice Park in Prague, who came up with the idea of this garden foundation.

How does the tincture process actually work and how much time does it need?

The process of producing tinctures and gemmotherapeutics is slightly different. Gemmotherapy we produce according to the French recipe, herbal tinctures according to the instructions of Mr Ing. Janca.

Both are soured in alcohol, macerated, and the compressed formulation is a concentrate that is diluted to a certain extent and poured into vials.

The problem with gemmotherapy is that we have to get buds for soured in a short time when they are blooming abundantly in the spring.

People can purchase tinctures individually from you, but your main specialization is curative treatments. How are the treatments prepared?

Our herbal remedies are bought either individually as needed or in the form of classical treatments, which are designed and prepared for individual health problems. The importance of cures is that they comprehensively solve the health problems of the organism.

Another use of tinctures is in the form of treatments prepared directly for specific human problems. People have the opportunity to contact us via email, and we will send them my suggestion for their problems within two days. The treatment is described in detail including how it can be used and how much it will cost. Subsequently, they can order the treatment directly from us or buy it at one of the stores that offer our products. Another option is a DVD, which can be purchased from us. We have shot a total of two, but mainly the second one is about how we put together the treatments. If someone has a problem, they can find information on vascular problems, for example. There is a precise description of how to deal with vascular problems, what to use and what can be involved. This DVD costs 150 crowns and lasts 2.5 hours. We did it for the reason that they could make the cure themselves so that it wasn't entirely up to me. "How we build treatments" is available on both DVD and USB stick.



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Tinctures contain 40% molasses alcohol. If people combine multiple tinctures at the same time and use them several times a day, would this cause any negative side effects? Why is alcohol needed for tinctures?

Alcohol is used for the production of tinctures because it has the best properties for obtaining the necessary substances from the herb.

Tinctures are used dropwise, so they can't have negative effects, except perhaps for a person who has an allergy to alcohol.

In this context, I still think, would you recommend clients, for example, not driving their cars immediately after the use? Do you have any other recommendations regarding their use?

Tinctures are better taken at least half an hour before driving, and dripped into lukewarm water or lukewarm tea to evaporate the alcohol faster.

What other products of your own production do you offer apart from the tinctures?

Other herbal remedies are ointments, oils, tinctures for external use and bath concentrates. These products are used primarily as a supplement to cures such as for joints and back. We have an ointment with comfrey and chestnut, thuja oil, Hypericum oil, and four-flowered ointment for skin problems, Psorikalis (psoriasis), Ekzelup and others.

I have read that you are also offering the products with the energy of bee biofield. How is it obtained?

Products are put into the bee biofield and their effect is intensified. They will not acquire new ones but will enhance the existing effects. Since the end of May, we have been putting some kinds of herbs into the apiaries. Apiaries are at Chocen (eastern part of Bohemia). Herbs stay there for about five weeks. Then we take them out and put other ones there, and that's how we do it, about three times during the summer.

If someone from abroad is interested in your products, can they also contact you?

Yes, it is possible. We export our products outside the Czech Republic to Slovakia, Japan or Spain. We often send packages to individuals in the United States, for example. The problem with distribution is that the distributor has to obtain a license to sell in their country and also that, especially in gemmotherapy, we have to get enough buds in a short time. This is very demanding. We must gather while it's still a bud, not a leaf.

People often do not trust herbs and nature and prefer to use pills. What is your attitude towards classical medicine, do you also cooperate with doctors?

Classical medicine is necessary, in all possible ways, including surgeries, and instrumental assistance, but also medications that sometimes



save lives because they are powerful and fast. Classical medicine has many possibilities of diagnosis, although sometimes it is difficult to detect. However, it cannot be used preventively or to detox the body, as herbs can. It is ideal to combine both effects. I work with doctors. They take my products and distribute them, and for some, I put together curative treatments. They then give me feedback on how it helped people.

If someone is taking pills for a long time because of the severity of the health issue, can it be combined with your curative treatment?

Medicines can be combined with natural remedies, and this often deepens the effects. However, they should only be taken at intervals of at least half an hour before or after taking pills.

What are the most common problems people contact you with?

People are approaching us with different health issues, and we also have many tinctures for various possible health problems that we can try. The most common are movement problems, borreliosis, infectious diseases, problems with immunity and parasites, problems with internal organs – liver or gall bladder, various allergy types, and especially allergies in children.

Surely you receive regular feedback from your clients. What are your greatest achievements so

far, and which of the serious illnesses have been completely cured by the use of your cure treatments or have improved the general health?

We receive feedback from clients mainly by emails, telephone, and oral messages. We keep a lot of positive feedbacks saved in files, and these are proof that our path is right. Many health problems have been improved or sometimes resolved. We cannot say that we treat, herbs are not medications, they are dietary supplements. You can read some responses from our clients below:

... I am led to write to you by a circumstance with which I am extremely satisfied. I had a sugar level of 7.4 and after taking your herbs my sugar dropped to 5.8, which is a great success. I also feel my varicose veins are better, and my legs do not tumeify at all, and even red spots have not appeared for nearly a year...

... I would like to thank you for my six-year-old son who has been coughing for three months, especially at night. He was treated with antibiotics, but the condition did not improve. When I put him on the Tropaeolum, Blackcurrant and Calendula Officinalis, the results were negative, the cough stopped. Therefore, thank you for the herbs, with which I have already cured more diseases in the family...

... You advised me very well. I used the herbs to detox my body after borreliosis, which helped me. When I was on my blood tests in January, the doctor couldn't



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– realizing the right values of life.”***

believe it either. I had nothing in my blood, and it was only three months after treatment...

... Two years ago, I used a curative treatment against myoma in the womb. It was successful, the largest fibroid was halved and began to calcify. Thanks to this, I did not have to undergo any surgery, and this year another son was born ...

... For more than two years we tried to have a child, but it was not possible. Then I took your remedies and now I have a 16-month-old boy. I got pregnant two months after taking the droplets...

... my husband used your male sterility curative treatment – his semen analysis test showed it was impaired. The number of sperm was close to the border to conceive naturally. Even though you write in the instructions that the curative treatment should be taken at least twice, after one month of use, I managed to get pregnant. The effect of your curative treatment is also proved in the report from the doctor, before and after use, we were at medical examinations – even the doctor wondered what I did with my husband.... He took your flyer from me to recommend your curative treatment to other patients...

... I convinced my father to use your curative treatment. He is 72 years old and is suffering from prostate problems, has a neoplasm in the bladder, has poor kidney results, and other problems. But after the

treatment, a miracle happened. He didn't go out for half a year, and now he started to go for walks; he has improved a lot, he gained weight and his mood was improved...

... On your advice, I have started to use a respiratory curative treatment. I repeated this treatment another year, right before the season. My allergy problems have subsided. I'm not taking any medication.

... My older son suffered from coughing from an early age and very often suffered from bronchitis. After your curative treatment, he didn't cough for almost two years. We also cured totally atopic eczema, which covered about 70% of his body in a pretty bad condition. Today, when a spot appears, we treat it with grapefruit seed oil and in a few days, everything is fine ...

... They discovered my adenocarcinoma in the colon. At your recommendation, I started to use the cure and after three months I found out through examination that I have no new polyps and no tumor cells were detected from the blood...

What do you think people should focus on in order to understand the cause of the health problem and how is it the best to “treat” it mentally?

We try to instill into people's minds the need to detox the organism, to focus on specific problems and if people understand it, the fear of severe lifestyle diseases can be eliminated. And just



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a properly set psyche with lifestyle adjustment is the best prevention. And an important understanding for life – realizing the right values of life.

If someone is interested in getting more in-depth and a better understanding of the connection between nature and the human body, do you also organize seminars or excursions?

We have been organizing seminars and training on the possibilities of herbal remedies for organism regeneration since the beginning of our company. There were years when these lectures were up to 80 per year. During the year we organize a weekend seminar four times in a year, which in detail informs the participants about the possibility of herbal and alternative treatments.

I also teach at universities in Olomouc (Faculty of Medicine, Faculty of Science), Faculty of Pharmacy in Hradec Kralove and Faculty of Agriculture in Brno.

I am a member of the PELERO group – a nationwide association of growers and processors of medicinal plants.

In the summer months, buses of gardeners, beekeepers, retired people come to us for a seminar and a tour of the gardens.

You have been running your company successfully for more than 20 years and all activities around

it are very time consuming. How do you manage to combine everything with your privacy, do you even have time for yourself and your other activities?

Sometimes I say my job is 24 hours a day. The company has 30 employees, during the year 50–80 temporary workers and you have to secure work and salaries for all. If I have free moments, it belongs to children and grandchildren.

Throughout your company, you provide services to people the value of which cannot be quantified. Do you have a member of the younger generation in your family who will take the baton in the future and continue this wonderful mission?

Part of the family is employed in different sections, but perhaps grandchildren could continue to run the company; I'm working on it. I try to instill in them that this work is a mission and that it needs the whole human being; perhaps I will succeed.

Do you still have a personal vision of where you would like to move the company in the future?

The last link is a building to regenerate the human organism. We already have a building built and have purchased a series of instruments for regeneration and diagnostics.

People will be able to improve their musculoskeletal system, vascular system, general cleansing, and organ regeneration.

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