

**DOCUMENT STILL BEING PREPARED & TRANSLATED**  
**ESSENTIALS**

Benoît Saint Girons

**The ecology of health and vitality**  
*Mistakes - Questions - Solutions*

**SUMMARY:**

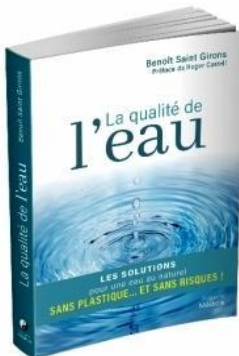
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**About the author.** Benoît Saint Girons, who came up with the concept of *the 8 Fundamentals*, is the author of a dozen books, including the practical guides *La qualité de l'eau* (Water Quality, Ed. Médicis, 2020) and *Le choix des huiles essentielles* (Choosing Essential Oils, Ed. Jouvence, 2014). An independent specialist in "natural" solutions, he has been offering free advice since 2002 and has already helped hundreds of thousands of people take charge of their health and vitality through his writings, websites, conferences, and videos.

**This PDF document summarizes more than 30 years of experience in natural health.** It does not claim to cure or replace ongoing medical treatment, but provides guidance on how to avoid getting sick and take action before problems arise. The underlined text links to [blog articles](#) or websites where you can learn more.

**Quick survey:**

- Do you live in a polluted environment (air, water, and/or electromagnetic waves)?
- Do you have trouble falling asleep and/or feel tired when you wake up?
- Do you suffer from skin irritation (especially after washing)?
- Does your diet often include ultra-processed foods?
- Do you have difficulty understanding labels or nutritionists?
- Do you get sick more than 2-3 times a year and do you go to the doctor when you do?
- Are you prone to stress or a lack of enthusiasm or meaning?
- Do you believe it is possible to significantly improve your health and vitality?

If you answered "yes" to at least two questions, we strongly recommend that you read this document.

## INTRODUCTION

The goal is to feel better. Better in your skin, better in your body, better in your mind. Perhaps "better" is the enemy of "good," but in this case, we are in very bad shape.

Why are (more or less chronic) diseases on the rise? Why do we get sick so often? Why are we all so stressed and tired? Is it bad luck (genetics, epidemics, nasty viruses, etc.) or a weakened immune system due to a harmful environment?

Authorities and doctors may officially promote health, and laboratories may spend billions on research and (above all) marketing, but we are living longer but in poorer health. Fortunately, this is not inevitable.

**The challenge is to move from a quantitative and "financial" approach to disease to a qualitative and therefore natural approach to health, ideally without resorting to allopathic medicine or chemicals.**

We are in bad shape because we are disconnected from our natural needs. Let's get back to basics and we will all be much better off. In the process, we will gain freedom and also make substantial savings, because while health is priceless, diseases come at a cost!

### I. The 8 mistakes to avoid

*The various preconceptions that need to be overcome in order to avoid the marketing traps of disease management and appreciate the true value of our health potential.*

#### **Mistake #1: Viewing illness as inevitable and/or putting your health in the hands of others**

"*You're really unlucky to be sick.*" Bad luck is an easy excuse, but most illnesses are logical given the circumstances. Seeing yourself as a victim may be more comfortable for some, but this attitude is contradictory to taking control. Of course, it is not a question of blaming anyone (the sick do not fall ill on purpose), but of offering those who wish it a perspective towards a life where illness becomes an exceptional signal from the body rather than a regular accident. "*The body creates illness to heal itself [...] The strength that is within each of us is our greatest doctor [...] It is nature that heals illness,*" said Hippocrates, the father of medicine. Every illness is a message, and we must learn to listen to it. Humans are the only mammals that do not multiply their growth period by seven. Do the math: we are biologically programmed to live to at least 100. We don't necessarily achieve this because of a number of pollutants, mistakes, and misunderstandings... but fortunately, we can (to a large extent) rectify things.

➤ **Barring accidents or genetics, humans are essentially optimized to be healthy. Illness is multifactorial, but health is largely an individual responsibility.**

#### **Mistake #2: Getting prevention wrong**

"*Prevention is better than cure,*" but current prevention seems mainly aimed at getting us to

consume more drugs. For example, screening tests are increasing the number of false positive diagnoses as the tests become more sophisticated.<sup>1</sup> As a result, the number of mandatory vaccines for infants has been increased in France.<sup>2</sup> Admittedly, the authorities occasionally talk about healthy lifestyles through patronizing messages (don't smoke, "eat five fruits and vegetables a day," exercise, etc.), but without ever going into detail.

➤ **True prevention consists of taking action against environmental pollution and strengthening the immune system.**

### **Mistake #3: Considering modern medicine a panacea**

Surgery is miraculous, but so-called allopathic medicine is primarily a commercial scam perpetrated by brainwashed doctors.<sup>3</sup> It is generally ineffective for common diseases. Homeopaths and the most enlightened among us manage to preserve (or recover<sup>4</sup>) their common sense and critical thinking, but they must then overcome their prejudices<sup>5</sup> and discover for themselves what is rarely taught, especially everything we are going to discuss here!

➤ **It was much worse before (bloodletting and enemas), but our "official" medicine remains largely out of touch with reality.**

### **Mistake #4: Not being patient (or being too patient)**

"The flu lasts eight days if you treat it and a week if you don't," explained Raymond Devos. The word "patient" comes from the Latin *patientia*, "the act of enduring," itself derived from *pati*, "to experience, to suffer." A patient is someone who accepts suffering (by listening *patiently* to their body's messages) but also, paradoxically, someone who rushes to the doctor to quickly suppress their symptoms with a little chemical pill. Trust and resilience on the one hand, fear and mistrust on the other.

➤ **There are emergency situations, but the body has unexpected resources if we give it time and energy.**

### **Mistake #5: Confusing intensive sport with physical exercise**

The obsession with performance drives us to go "*faster, higher, stronger*," but all high-level athletes age prematurely.<sup>6</sup> Asians, who practice gentle breathing exercises (taiji quan, qi gong, yoga, etc.), generally age much better.

➤ **After a certain age, focus on endurance sports and pace yourself.**

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<sup>1</sup> "We have gone too far in diagnostics [...] It is difficult to make an accurate diagnosis when it comes to cancer [...] If you screen 2,000 women for breast cancer, you will save one life and treat 10 women for a cancer that should never have been treated. That means unnecessary mastectomies, radiation therapy, and chemotherapy. [...] The reliability of screening for this cancer [prostate cancer] is low" (neurologist Suzanne O'Sullivan, author of *The Age of Diagnosis*, article in *L'Express*, May 28, 2025).

<sup>2</sup> France has gone from three mandatory vaccines to 13, despite the fact that the immune system is still immature before the age of five and that the probability of a child contracting hepatitis B (a sexually transmitted disease) is virtually zero. Each mandatory vaccine reportedly brings in at least €1 billion for its manufacturer. Forty percent of French pediatricians' income comes from vaccinations. How can there be an objective debate under these conditions?

<sup>3</sup> I am hardly exaggerating. "*Medicine is the science that introduces drugs it does not know into an organism it knows even less*," Voltaire once said.

<sup>4</sup> See the scene with the doctor who says "*allopathic, not homeopathic!*" in the film *La crise* by Coline Serreau.

<sup>5</sup> "*It is what we think we already know that often prevents us from learning.*" (Claude Bernard, *Introduction to the Study of Experimental Medicine*)

<sup>6</sup> Cyclist Cathy Marsal found herself at the age of 29 with the skeleton of a 75-year-old woman. Menstrual disorders (amenorrhea) and respiratory problems (asthma, etc.) are also common among professional athletes.

## **Mistake #6: Being afraid of germs**

We should not be at war. The Pasteurian view of microbes is obsolete<sup>7</sup>, but Claude Bernard's assertion that "*the microbe is nothing* (the terrain is everything)" also needs to be reconsidered in light of scientific discoveries and the importance of microbiota for our physical and mental health.<sup>8</sup> A sterile environment is dead and promotes disease. So be careful with chlorine in tap water, bleach in the home, pasteurized foods, antibiotics that are "against life"...

➤ **Let's make peace and strengthen our microbiota and our knowledge of the infinitely small, which is essential to the infinitely large. Everything is connected.**

## **Mistake #7: Not being wary enough of chemicals and artificial products**

We wage war on bacteria and viruses but, paradoxically, allow our environment to become filled with chemicals and artificial pollutants. More than 100,000 chemical substances and 100 times more derivatives are circulating in the air in Europe, and less than 5% have been tested for toxicity. On average, homes are 10 times more polluted than the air outside. This is due to indoor pollutants (see below), including household, hygiene, and cosmetic products. A 2009 British study revealed that women apply an average of 515 chemicals to their skin every day! Is this because they want to, or because of misleading marketing?

➤ **Get rid of pollutants, additives, and chemicals, whether heavy or light. Reconnect with nature and our basic needs.**

## **Mistake #8: Not trusting natural therapies enough**

Not everything that is natural is harmless, but natural therapies, when properly supervised<sup>9</sup>, generally cause less damage than conventional medicine, while treating common conditions more effectively. Take essential oils, for example, which are nature's atomic principle and can treat or relieve almost anything without side effects (see below). Another example is massage, which is common in all traditions<sup>10</sup> but in France is reserved for physical therapists...

➤ **The first reflex should be to turn to natural approaches to help the body recover its health naturally. Obviously, if the symptoms persist...**

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<sup>7</sup> Pasteur was a chemist and politician who was hemiplegic. Read the book *Pour en finir avec Pasteur, Plus d'un siècle de mystification scientifique (The Case Against Pasteur: Over a Century of Scientific Deception)* by Dr. Eric Ancelet (Ed. Marco Pietteur).

<sup>8</sup> The body of a man aged 20 to 30, measuring 1.7 m and weighing 70 kg, contains 30,000 billion cells and 38,000 billion bacteria. "*The body is therefore as much bacterial as it is human,*" according to the National Museum of Natural History.

<sup>9</sup> In France, almost everything is prohibited and only the most resistant remain. In Switzerland, almost everything has been authorized and it is difficult to find a competent practitioner (as opposed to a technician skilled in a single technique). These are two strategies for limiting the spread and credibility of natural therapies. The German system, with its Heilpraktiker, or "health practitioners," is much more rigorous.

<sup>10</sup> Tuina, or Chinese massage, is one of the five pillars of traditional Chinese medicine (TCM), along with acupuncture, nutrition, natural pharmacopoeia, and gentle breathing exercises (Taiji, Qi Gong). These are all approaches that help the body preserve or recover its energy.

## II. Key questions

### What kind of medicine do we want?

"Healthy people are sick people who don't know it." "Health is a precarious state that does not bode well." Two quotes from Jules Romain in his scathing play *Knock, or the Triumph of Medicine*. This "triumph"—aka financial success—is linked to a clever strategy: make people forget the keys to natural health, discredit alternatives, and impose chemical treatments to weaken the immune system.

Here we find poorly trained, underpaid doctors who are dogmatically subject to a professional council ready to destroy the credibility of anyone still capable of thinking for themselves.<sup>11</sup> Here we find excessive specialization with separate bodies that are curiously isolated from the whole.<sup>12</sup> Here we are swimming in conflicts of interest with powerful pharmaceutical companies that provide 98% of continuing education for doctors and finance medical representatives, professional journals, and drug regulatory agencies.

### Is this medicine called "modern" because it is subject to science or to financial interests and corruption?

Doctors are never in the best position to maintain health: they only intervene when we are already sick!<sup>13</sup> The Hippocratic Oath requires doctors to advise their patients on "*the lifestyle that will relieve them*" and to keep away from them "*anything that may be contrary or harmful to them*" (Littré translation), but this is difficult to put into practice due to inadequate training. With only a few hours devoted to hygiene or nutrition, virtually nothing on environmental pollution or water quality<sup>14</sup> and not much on the side effects of drugs, what can we expect from a doctor—who is also forced to see more patients to earn a decent living—other than an automatic prescription?

Medicines save and improve lives, and there is no question of questioning their value as a whole.<sup>15</sup> But allow me to ask a common-sense question: **if there were natural alternatives that were just as effective but without side effects, would you be interested?** Even if your general practitioner told you they were dangerous? Even if they weren't covered by health insurance?

Officially, essential oils (EOs) are so dangerous<sup>16</sup> that they cannot be swallowed or applied neat to the skin... which greatly reduces their effects. EOs are complicated to use, as confirmed by the "Bible" of this pharmacist author, with recipes containing 4 or 5 different

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<sup>11</sup> "*What a strange religion medicine is! It is the only religion that is supported by politics, and even when there is scientific controversy, it cannot be questioned without risking persecution or ridicule*" (Upton Sinclair).

<sup>12</sup> Take, for example, dermatologists who try in vain to treat acne without, for example, cleansing the liver.

<sup>13</sup> This contrasts with the traditional Chinese view, where doctors play a preventive role and are not paid if their patients fall ill.

<sup>14</sup> Yet water accounts for 65% of the human body by volume and approximately 97% of its molecules. The lack of training for doctors on water quality is therefore the first water scandal, the one from which everything else stems. See the PDF summary on this subject.

<sup>15</sup> Overmedication, on the other hand, is scandalous: people over the age of 65 consume an average of seven medications per day, creating an unprecedented risk of "cocktail effects."

<sup>16</sup> Accidents related to medication (iatrogenic effects) are responsible for at least 130,000 hospitalizations per year in France and approximately 10,000 deaths. The percentage of hospitalizations related to adverse drug reactions rose from 3.6% to 8.5% between 2007 and 2018. How many of these were due to essential oils?

EOs to be mixed in 2-3 vegetable oils... In reality, there is no risk if you follow the recommended dosages, and using essential oils couldn't be simpler... as long as you don't pick up the wrong guidebook!<sup>17</sup>

Is an essential oil not as effective as a medicine? Indeed! One drop of essential oil has as many active ingredients as 100 liters of herbal tea and contains on average a hundred active ingredients (up to 300 for lavender) compared to a single active molecule in synthetic medicines.<sup>18</sup> As a result, essential oils cannot be patented, which greatly annoys the laboratories.

If 5 to 6% of patients need to use "*the most powerful therapies, even if they can be harmful*," 94 to 95% of other patients have "*every chance of being significantly improved or cured by natural therapies, with plants of course, as a basic treatment or even as an exclusive treatment*." said Dr. Jean Valnet in his book *L'Aromathérapie*.<sup>19</sup> **Replace 94 to 95% of allopathic (patentable) treatments with natural (non-patentable) treatments? Unthinkable, of course, for the industry!**

Through criticism, warnings, and/or the withdrawal of reimbursement, everything is done to discourage followers of natural healthcare. Under these conditions, the fact that 75% of French people admit to having already used natural healthcare seems to be the best proof of its effectiveness.

"It is *difficult for a man to understand something when his salary depends on his not understanding it*," said Upton Sinclair, and this explains why natural therapies are often labeled "unscientific." Discredit them and, above all, never try to understand them, so that the most naive or fearful citizens do not change their bad habits...

Laboratories fear one thing above all else: that patients will take responsibility and take charge of their own health. That instead of swallowing their miracle (and expensive) little molecules, they will turn to natural approaches as a priority. That fear of disease will give way to a calm confidence in their immune system. **The system of imposture survives on naivety, fear, and corruption. Let's rediscover the common sense of nature, and health will once again be within our reach!**

## What kind of ecology do we practice?

Political ecologists have got their definitions wrong and are therefore completely mistaken. From the Greek *oikos* (house, habitat) and *logos* (discourse), ecology is etymologically the science of the conditions of existence in a given environment. **Not the needs of nature, but the needs of my nature. Not energy savings, but what promotes my own energy.** Not passive buildings, but places where life is good. Not economical technologies, but safe and healthy products.

Ecology should be primarily concerned with health and vitality, but this approach is disturbing because it contradicts the quantitative orientation of the system and its vague concept of

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<sup>17</sup> *Le choix des huiles essentielles* (Ed. Jouvence, 2014) is the practical reference guide with only 20 essential oils and simple, safe, and effective recipes.

<sup>18</sup> Dr. Taylor of the University of Austin stated that essential oils offer so many compounds that all the chemists in the world could not match their number in a thousand years of effort. On the superiority of nature over chemistry.

<sup>19</sup> Ed. Maloine / Livre de Poche, 1964. Be careful not to confuse aromatherapy (a rigorous French school based on chemotypes) with Anglo-Saxon aromachology, which focuses on smells.

sustainable development. A healthy individual thinks better and therefore questions their consumption: less junk food, fewer chemicals, fewer polluting gadgets, less marketing... A vibrant individual inevitably feels lighter and leaves behind a smaller carbon footprint. A conscious individual is less fearful and therefore less easily manipulated.

The first mistake was to extrapolate and no longer think on a human scale but on a planetary scale. The Earth is our collective environment, but individually, it is reduced to the experience of a few patches of habits...

**The return to ecological living brings us back down to Earth, to our own little corner of the world, the only place where we can all make a difference... and measure it!** I cannot stop the planet from warming up, but I can easily avoid polluting my indoor air by stopping using chemical air fresheners, for example, or by filtering and energizing my tap water properly to avoid plastic bottles. once and for all But any immediately concrete solution is disturbing because it risks disrupting business.

The second mistake was to worry about insects and other mammals before thinking about humans. In ecological dogmatism, humans are guilty and therefore come second...

**The return to human ecology allows us to rediscover our place and our responsibility.** I can't do much for polar bears, but I can easily respect the 38,000 billion microorganisms in my microbiota by stopping eating and drinking just anything. I can also save my skin by avoiding chemical cosmetics and harsh soaps. But any solution at the ecosystem level is unpopular because it risks disrupting the system.

The third mistake was to project ourselves into the distant future, several generations later. Children are the future, so let's save them and focus on their sustainability to ensure they have the best possible development...

**The current return to ecology is making us rediscover the importance and joy of gifts in the present.** If my children are at risk—and at risk of becoming overweight—it is primarily because I am not respecting their fundamentals. Responding to their needs rather than following their desires. I can't really predict their health in fifty years' time, but I can take steps now to strengthen their immune systems. However, any immediate solution is destabilizing because it risks disrupting growth forecasts...

Overall, this paradigm shift puts people, and therefore the common good, back at the heart of our thinking and actions. **Ecology is no longer a matter for technocrats, taxes or computer simulations, but is once again becoming a factor in our well-being.** This does not mean never getting sick or always being better—two forms of counterproductive performance obsession—but respecting the needs of our natural being as much as possible. Rather than appearing to be, we will one day have to end up being... truly fit and therefore environmentally conscious!

## What kind of humans are we becoming?

Transhumanists do not like the human species very much: not strong enough, not intelligent enough, not immortal enough. Long live technical progress, which will allow us (at least those who can afford it) to finally be much more!

This "augmented" humanity is paradoxically contradictory to the degeneration of humans currently being observed. We are significantly less "physical" than Cro-Magnon man<sup>20</sup>, significantly less versatile than the "geniuses" of the Renaissance, significantly less fit than

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<sup>20</sup> Cro-Magnon men ran faster than Usain Bolt without shoes...

the peasants of centuries past. We need calculators to count, TV series to entertain us, AI to think for us...

*Homo sapiens* has become *homo zapiens*, zapping from one distraction to another, from one piece of bad news to another, from one consumer product to another, without much perspective or discernment. This evolution is obviously multifactorial, but comfort remains the prime suspect.

Why do babies who, two generations ago, were potty trained before the age of eighteen months, now only become so at two or three years old? Pediatricians have their ideas<sup>21</sup>, but this regression could be more prosaically linked to diapers, which are so sophisticated that they absorb urine, keeping the child comfortably dry. Why, then, would they evolve?

Diapers are an easy solution that hinders toilet training. **They could also be a symbol of our pampered society obsessed with well-being:** diapers save us from having to take responsibility and give us the illusion of virtue. In reality, personal fulfillment is only possible if we accept that we have to make an effort and make mistakes. Too much artificial comfort and well-being are detrimental to personal development.

Will the technological aids of transhumanists be the new diapers designed to spare us the slightest effort? What is the point, for example, of learning a foreign language when we will soon have translators in our connected glasses?

Rather than appearing to be, we will one day have to actually be. "*Become who you are*," Nietzsche recommended. What if, instead of asking ChatGPT for a "statistical" answer, we explored a subject in greater depth? What if, instead of trying to transcend death, we managed to live healthy lives? Is the goal additional productivity in the form of "staff development" or personal and therefore human fulfillment?

Let's not leave it to sorcerer's apprentices to redefine the limits of our lives. Let's not get caught up in transhumanist madness. "*He who stands on his feet cannot stand upright*," "*He who knows when to stop never perishes*," "*The only way to accomplish is to be*," said Lao Tzu.

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<sup>21</sup> Pediatricians explain to parents that sphincters are not ready before this age, despite the fact that African and Asian children become toilet trained much earlier.

### III. Concrete solutions

We are living longer and therefore naturally suffer more aggression. But how can we explain that diseases of civilization affect so many young children?<sup>22</sup> It is mainly thanks to hygiene (which has reduced infant mortality) and the absence of wars that we owe the statistical increase in average life expectancy. However, we have fewer centenarians today than in the past...<sup>23</sup>

It is easy to understand why when we look at the case of farmers. A century or two ago, our hard-working farmers spent most of their time in the open air, working from sunrise to sunset, eating frugally from their farms and respected by their fellow citizens as pillars of the community. Today, our equally friendly farmers spend their days in air-conditioned cabins, working (just as hard) for their banks to pay off their loans, specializing to the point where they sometimes no longer even have a vegetable garden, and juggling pesticides to such an extent that they are stigmatized as the world's biggest polluters. Poor air quality, stress, junk food, chemicals, and low self-esteem combine to explain why this profession has the highest suicide rate. Where has the quality of life gone?

Let's take a look at these different factors. What do we need to strengthen our immune systems and stay healthy while making a real contribution to protecting nature and therefore our planet?

#### Overcoming environmental pollution

*The first approach to personal ecology is logically focused on the home. A minimum investment is required to ensure peace of mind... and ultimately save money.*

##### 1. Good air quality and breathing:

Air quality is the main environmental health risk worldwide, with more than 8.8 million deaths each year, including 400,000 in Europe. The death of bees and other insects should have sounded the alarm long ago and led to the ban of a number of practices, pesticides... and lobbyists!

Outdoor air is generally subject to political winds, but indoor air—the air in our homes—is within our control, which is fortunate because it is sometimes ten times more polluted. The culprits are cigarettes (5'000 different chemicals), air fresheners (which say "*ventilate well after use*"), household products, synthetic fragrances, incense, candles, and fireplaces...<sup>24</sup> Opening windows regularly and getting rid of indoor pollutants are the first steps to take, with the aim of properly oxygenating your cells, which is the medical and biological definition of "breathing"!

Any lack of oxygen leads to a collapse in metabolism and an increase in toxin deposits. The problem is not the oxygen content of the ambient air (around 21%) but rather the poor assimilation of oxygen by our cells: only 25% compared to 90% for whales, for example. Stress and pollution obviously do not help matters and create a chronic state of hypoxia.

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<sup>22</sup> Every year in France, cancer in children increases by 1.1%.

<sup>23</sup> In his book *Le retour à la santé par le jeûne (Returning to Health Through Fasting)*, published in 1950, Dr. Ed. Bertholet cites numerous cases of people who have happily lived past the age of 130. In the United States, the new generation could, for the first time, live shorter lives than their parents.

<sup>24</sup> But also chipboard, carpets, flea treatments for pets, paints, etc.

**Things to avoid:** wearing masks, poorly ventilated rooms (the "jar effect" of so-called "ecological" buildings, for example), rooms that are too dry (<sup>25</sup>) or air-conditioned (<sup>26</sup>, which reduces ionization to zero), indoor chemicals, chlorine-scented swimming pools, a sedentary lifestyle, etc.

**Eco-friendly solutions for better breathing:** any form of gentle exercise (yoga, tai chi, qi gong, etc.), cardiac coherence or other outdoor breathing exercises, air purification using essential oil diffusers (glassware) or air filters and, last but not least, cellular oxygenation using the Bol d'Air Jacquier or German Airnergy technology

**For more information:** the article [How to breathe better](#)

## 2. Biocompatible water:

Water makes up around 97% of our cells... but doctors aren't taught about this! We should drink at least 1.5 liters per day, but the addition of chlorine to kill harmful bacteria has made us dislike the taste of water. The result? Chronic dehydration and skin problems, which benefit doctors and the cosmetics industry.

Bottled water is no better. As heterotrophs, humans cannot properly assimilate the inorganic minerals in water (we have to get them from autotrophic plants) and must eliminate them through extra work by the kidneys, the famous "drink to eliminate" principle. Plastic pollution is an added bonus.

The solution lies in filtering and energizing tap water to restore its biocompatible properties and vital energy. The goal is to enjoy drinking enough water to cleanse our bodies and hydrate our cells. We are in bad shape because we mistreat water. Let's finally improve its quality and we will all be much better off.

**Avoid:** as many pollutants as possible, primarily chlorine, excess inorganic minerals, and plastic bottles. When it comes to devices, beware of thewater scams many, low-end products from large retailers, water coolers with reservoirs (without energy inside), and disastrous sodium softeners.

**Eco-friendly solutions to rediscover the pleasure of drinking:** First, find out more with my book *La qualité de l'eau (Water Quality)* or the PDF summary *La qualité de l'eau et le plaisir de boire (Water Quality and the Pleasure of Drinking)*. In terms of budget, ultrafiltration, vortex jugs, and geothermal showers are safe bets. For a single water source (in an apartment, for example), the Déli-Pure fountain non-connected with M. Violet energization in the tank (bio-oscillator and silver electrode) is the ultimate solution. In houses, connected to the main water supply, the Biofiltre + Biodynamizer is by far the most powerful device for achieving a spring water sensation, and it also intelligently manages limescale.

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<sup>25</sup> Below 20% relative humidity, there is a risk of dry mucous membranes, skin rashes, and respiratory problems. A 1°C increase in temperature causes a 2-3% drop in humidity. 18°C is the maximum recommended temperature for living areas, but it also depends on the quality of the heating system, with radiant heaters being the least comfortable as they are the most drying.

<sup>26</sup> Modern life is literally loaded with positive ions, which are not beneficial as these cations—positively charged because they have lost an electron—are linked to pollution. The best air is found at the foot of waterfalls: up to 50,000 negative ions per cm<sup>3</sup>. The threshold for good health is estimated at 1,500. If we breathe correctly in the mountains (between 8,000 and 12,000), at the seaside (4,000) or in the forest (3,000), the situation deteriorates in the countryside (500 to 1,200) – a victim of intensive farming – and, of course, in cities: 200 outdoors but 20 in an office, 14 in a car and 0 with air conditioning! The consequences? Irritability, nausea, headaches, asthma, allergies, nervous fatigue, concentration and memory problems, sadness, malaise, depression...

### 3. Protection against electromagnetic waves

We live in a fog of constant electrosmog, and this is not about to improve with the rapid rollout of 5G (soon to be 6G) and "smart" meters.

Industry-funded studies are obviously reassuring, but the harmfulness of waves has been confirmed by more than 20,000 independent studies, a 2B "possibly carcinogenic" classification by the IARC<sup>27</sup> and the fact that the effects of waves are not covered by any insurance companies.

All living beings are disturbed by pulsed artificial waves, but symptoms in humans have not yet become widespread. All we are seeing is a decline in young people's ability to concentrate and a drop in sleep quality. With a "threshold effect" (everything is fine until the dose is too high), more and more people are crossing over to the dark side and becoming electro-sensitive, a condition with multiple disabling symptoms that has been recognized as an occupational disease since 2019.

The external impact is a matter of political irresponsibility, but it is already possible to reduce the doses emitted inside the home and even to create a sanctuary in the bedroom. Many solutions are available, but only biological protection—with effects proven by independent tests—is capable of overcoming the placebo effect.

**Things to avoid:** electrical outlets near the bed, appliances in the bedroom, Wi-Fi at night, talking on the phone while walking, cell phones for children, earbuds that create a false sense of security, microwaves, induction cooktops, etc.

**Eco-friendly solutions for protection:** move, unplug, or turn off anything that is not essential, refuse the Linky smart meter or protect yourself from it, reconnect with the ground and nature (by walking barefoot from time to time), drink low-mineralized water<sup>28</sup>, and, overall, since it is impossible to cut off or avoid everything, protect yourself with proven biological protection: the scientific reference [CMO](#).

**For more information:** the article [How to protect yourself from electromagnetic waves](#)

### Take action through your lifestyle

*Once the environmental fundamentals are in place, it's time to look at your lifestyle. Occasional excesses are part of the joy of living, but the exception should not confirm the basic rules.*

#### 1. A healthy diet:

Food is both "the first medicine" according to Hippocrates and the leading cause of non-environmental mortality. Diet is the source of vitality. Apathy, excess weight, and overall decline in physical performance are the first symptoms of a poor diet characterized by empty calories, unpronounceable chemical additives, and artificial flavors galore. French cuisine has been recognized as part of the world's cultural heritage, but it has long since disappeared from our kitchens... and even from most of our restaurants!<sup>29</sup>

The quickest way to change your life is to change your grocery store. The more shelves there are, the more temptations there are and the greater the risk of getting lost. The more

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<sup>27</sup> International Agency for Research on Cancer (IARC), a branch of the WHO.

<sup>28</sup> It is minerals that conduct electricity. If Claude François had taken a bath in distilled water, he would not have died from electrocution!

<sup>29</sup> Without a "Maître Restaurateur" or "Restaurant de qualité" label, the risk of consuming frozen or vacuum-packed industrial food is high in France. Restaurants are not required to specify the origin of their dishes.

choice there is, the more we are influenced by advertising. Shopping cart<sup>®</sup>, already advertising?

Organic products are not immune to scandals, but they are a step in the right direction if the idea is to stay healthy, focus on the essentials, and gain more choice and purchasing power.<sup>30</sup>

Buying healthy products that are as unprocessed, local, and seasonal as possible is one thing, but cooking them properly is another. The goal is to preserve both the enzymes and vitamins—which disappear at temperatures above 55-60°C—and the taste of the food. So say goodbye to microwaves, hot plates, ovens, and even steam cooking, which is not as gentle as it seems since water (which is often chlorinated and polluted) boils at 90-100°C. Steaming with a heat diffuser and strict temperature control is the best method.

Raw foods should make up at least 1/3 of our diet, without exceeding half, so as not to cause digestive problems. We get our fiber, vitamins, and basic energy from fruits, vegetables, seaweed, sprouted seeds, oilseeds, etc. Season them (if desired) with organic vegetable oils rich in omega-3 (rapeseed, flaxseed). Raw foods require thorough chewing and are best eaten at breakfast and between meals so as not to disrupt digestion.

All other nutritional advice is largely anecdotal. Who said that eating right was complicated or expensive?

**Avoid:** refined industrial foods (white sugar, white salt, white bread, etc.) or processed foods, pasteurized products (milk, cheese, etc.), light products (sweeteners including the dreaded aspartame<sup>31</sup>), meat from factory farms, cooking in the microwave or at too high a temperature...

**Eco-friendly solutions for eating better:** eat foods that are as whole, raw, fresh, and healthy as possible; cook gently to preserve vitamins and flavor; eat less<sup>32</sup>, especially meat...

**For more information:** [The 3 best nutritional tips \(that no one talks about\)](#)

## 2. Relative serenity:

Stress and obsession with performance are, in Oxydant, the leading cause of visits to the general practitioner. Various forms of environmental pollution naturally contribute to this, but the root causes are rarely addressed, much to the benefit of coaches and other "wellness gurus."

However, it is difficult to address the mind if the body is suffering or lacking vitality. Hence the importance of the above fundamentals and the quality of sleep. Beyond meditation, there are many more or less technological approaches that allow for almost immediate and effortless relaxation.

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<sup>30</sup> The myth that organic food is too expensive only survives in supermarkets. In small organic shops, there are no temptations and you stick to your shopping list. You don't waste time trying to decipher labels either. Finally, you inevitably adapt your consumption to include significantly less meat and dairy products, which is excellent for your health and therefore doubly ecological.

<sup>31</sup> Aspartame or E951, "*the most dangerous and deadly additive in the world!*" according to Corinne Gouget, *Additifs alimentaires danger!* (Ed. Chariot d'or, 2014).

<sup>32</sup> Excessive food consumption is exhausting: the digestive process requires a considerable amount of energy. All those who practice fasting report improved health and vitality and, in some cases, even remission from severe illnesses. The island of Okinawa in Japan has the highest rate of centenarians in the world, with an average calorie intake of 1,800 calories per day. If you enjoy eating, try intermittent fasting: start by skipping one meal a week and then gradually increase the number of meals you skip.

Fear is by definition anxiety-provoking and drives consumption, which is why it dominates the media... Bad news is spectacular because it is "extraordinary," i.e., out of the ordinary: the mind focuses on the black spot on the white page. Physical risks are now largely absent from our sanitized lives, which is why palliative measures such as war video games and action movies are so popular. What if we changed our perspective?

On a more existential level, serenity also comes from a sense of accomplishment and the feeling that you are doing your best, in the right way, in accordance with your values. Accepting that you cannot change or control what happens – "*luck, bad luck, who knows?*" – also allows you to look to the future without spoiling the present, which is the greatest gift of all.

**Things to avoid:** bad news in the media, sensationalism, violence, denigration, mockery, obsession with performance, the need to probe into more or less imaginary problems (psychoanalysis), etc.

**Ecological solutions for mental well-being:** my book *Le choix de la sérénité* (Ed. Jouvence, 2010), getting out of your bubble, taking a media fast, establishing a ratio of at least three "positive" films/series for every film/series of violence, taking a step back from the news by favoring magazines, putting what's wrong in the world into perspective (compared to everything that's going well), taking your mind off things, strengthening your sense of humor, reconnecting with nature, practicing cardiac coherence, meditating, reprogramming your unconscious mind through Ericksonian hypnosis, etc.

### 3. Restorative sleep

*"I want to sleep... I need to sleep... But why can't I sleep?"* Sleep disorders are widespread in our anxiety-prone societies, and chemical sleeping pills are obviously not the solution. Sleep clinics, equipped with technology and sensors, have sprung up everywhere, but adding stress and white rooms is not the panacea for "natural" sleep. What if we respected the fundamentals instead? What if, instead of being controlled, sleep was finally respected?

Sleep is too often snubbed in the West. Not productive enough. Not controlled enough. Not enough me, more like a new TV series... Not getting enough sleep (now less than 7 hours per night on average) is characteristic **of a lifestyle that is disconnected from our natural needs, of an increasingly artificial and superficial life.**

Not only is sleep being shortened, it is also being disrupted by screens (blue light), mobile phones on standby (so as not to miss anything that might happen), drugs (from alcohol to medication), heavy meals or meals eaten too late, pollution, noise, and stress in general. There are plenty of reasons for poor sleep, but excuses cannot excuse our responsibility.

**Avoid:** metal beds (especially if they are connected or covered in electronics), synthetic materials, blue light from screens and LED bulbs, which kill melatonin (the sleep hormone), eating too late or too much, worrying or ruminating, etc.

**Eco-friendly solutions for better sleep:** the bedroom should be clean, quiet, dark, tidy, cool (max. 64°F), well ventilated, and smell pleasant, with no indoor pollutants or electromagnetic waves. You should feel comfortable and safe there. A sleep routine should be followed, with or without the help of technologies such as Psio and its Sleep programs. "*If you want to sleep, start yawning. To sleep is to lose interest,*" said philosopher Bergson (1859-1941).

**For more information:** the article [How to naturally restore quality sleep](#)

## Rediscover meaning through non-action

*Being physically fit naturally allows you to think better... and thus avoid a certain amount of manipulation.*

*"If the ancients prescribe that we should follow the best life, not the most pleasant, it is so that pleasure may be the companion, not the guide, of a healthy and upright will. For it is nature that must be our guide,"* recommended Seneca.

Well-being—as opposed to superficial well-being, or <sup>33</sup> "—requires substance, character, and momentum: it is bored by futility, routine, and vulgarity. Well-being is in the mind, but also in action: it must be nurtured on a daily basis and exercised regularly to keep it fresh.

But where should we go? Everyone is obviously free to choose their own direction and intersections, but from the perspective of lasting contentment, it is clear that well-being thrives on paths that lead to others. *"If I want my life to have meaning for me, it must have meaning for others,"* wrote Georges Bataille. The meaning of usefulness thus forms, together with generosity, simplicity, humor, and love, the meaning of life!<sup>34</sup>

Action is valued in the West, but to explore other avenues and finally experience something different, nothing beats Taoist non-action. This non-action (wú wéi or more clearly 无为 or 無為) is not inaction, laziness or torpor, all states we already excel at in front of the media or digital entertainment.

**Non-action is above all a way of leaving the system without violence, of respecting one's nature without forcing oneself, of strengthening one's energy without wasting it.**

*"Through the practice of non-action, the norm of harmony,"* says Lao Zi.<sup>35</sup> Nature is indeed what remains when the system is removed. Energy is what remains when waste is removed. Beneath appearances and superficialities, being has never ceased to be present.

Non-action puts humans back in touch with the energy of nature and *their own* nature. The ego-based "I" is the system's trick for losing us through CONsumption. Non-action does not enter into the "I" and therefore broadens our perspectives.

My nature is not to be rich or famous, but to be vibrant and at peace. It is not to walk or flit about in all directions, but rather to stop and reconnect with the Earth.<sup>36</sup> *"He who does not move forward is moving backward,"* says a Latin proverb, but this obsession with hectic activity is the main cause of our stress and therefore of our illnesses. "It's because of your karma," Hindus would say... but *karma* means "action." Actions rush us and prevent us from refocusing... and therefore from truly moving forward... toward fulfillment.

*"The great goal of life is not knowledge but action,"* said Thomas Huxley. Neither one nor the other, says the Taoist: neither in studies that lock us into a mental straitjacket through specialization<sup>37</sup>, nor in discriminatory action (one direction rather than another), violent action (going against the grain), or illusory action (thinking you can escape the laws of nature). The secret to health and vitality is to blend into the rhythm of energy, to reconnect with the flow of Nature. *"Don't pay much attention to doing, pay much attention to being,"* explains Osho.<sup>38</sup>

So how *can we be* without ultimately doing much? *"When you think that all it would take is for people to stop buying for things not to sell,"* said the great Taoist Coluche. In a world that promotes speed and growth, the simple act of doing nothing is a powerful lever for changing

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<sup>33</sup> *The Imposture of Well-Being*, Ed. Dervy, 2018

<sup>34</sup> *The Meaning of Life*, Ed. Mendiante, e-book format.

<sup>35</sup> Lao Zi, 3-9, personal translation of *the Dao De Jing*, see my book *Les sens du Tao* (Ed. Entrelacs)

<sup>36</sup> "He who knows when to stop never perishes" (Lao Zi)

<sup>37</sup> Taoism is opposed to Confucianism (whose first character is the word "Study") and is therefore not at all politically correct in China.

<sup>38</sup> Osho, *The Gospel of Thomas*, Les Editions du Relié, 1994, p.440.

the paradigm: not buying this or that product, not taking your car, not turning on your TV, not following the news imposed by the media, not following the herd... Where formatted action enslaves, non-action liberates... and thus allows us to truly act<sup>39</sup> !

– *And why would your DOING NOTHING win out over my DOING?*

– *Because my "DOING NOTHING" doesn't force you to DO anything! There's no need to spend hours discussing whether we should do anything. We DO nothing! That's it!*<sup>40</sup>

"Not doing" should be easy to implement. In reality, this "not doing" is always the hardest thing to do. Going with the flow and following the system is easy. Unplugging and turning on your mind is more complicated because it takes courage. The system likes egotistical individuals, confusion, thoughtless action, and always more. So let's try to find some approaches to non-action that are effective, beneficial to humans, and therefore environmentally friendly.

### **Exercise:**

Review your habits and try to find ways to apply non-action: eat less, skip a meal, don't take your cell phone with you, don't turn it on, don't follow the news, don't watch violent movies, don't join certain social networks, don't take your car, don't buy certain products, don't repurchase certain items, etc.

There are many ways to "do nothing," but it is more radical to act upstream by limiting temptations: no more TV, no watches, no social media (if you can't do without your cell phone), no car (if you live in the city), etc.

Wanting at all costs to fill the void in one's existence is contradictory to respecting one's nature, which is 99.99% empty.<sup>41</sup> *"Being and emptiness give rise to each other,"* said Lao Zi<sup>42</sup>, but it is emptiness that gives meaning to matter.<sup>43</sup> Being should therefore move in the (right) direction of simplicity, but this direction can only be beneficial if it is personal, i.e., not imposed. Voluntary simplicity then becomes the most beautiful expression of our fundamental freedom: that of being able to say "No to having," "Yes to being."

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<sup>39</sup> "Acting by not acting" (Lao Zi) or "not acting in order to act"

<sup>40</sup> Binet, *Les Bidochons, La vie de mariage*, Fluide Glacial, 1993, p.13

<sup>41</sup> *"Nature abhors a vacuum,"* according to Aristotle? Nature is made of emptiness: without the emptiness of atoms, the Earth would have a radius of 150 meters!

<sup>42</sup> Lao Zi, 2-3, according to Ma Kou's translation. *"There is and there is not* are born of each other" (own translation).

<sup>43</sup> *"Thus, man builds objects, but it is emptiness that gives them meaning."* (11-7 and 11-8, translation by Conradin Von Lauer). The three examples given are the hub of the wheel, the vase, and the door.

## CONCLUSION

*In vitale veritas.* Health and vitality are the ultimate criteria.

In its 1948 Constitution, the World Health Organization (WHO) defines health as "a state of complete physical, mental, and social well-being, [which] is not merely the absence of disease or infirmity." Is the bar set so high that no one can claim to be healthy?

**Personal ecology is more *individual* and down-to-earth:** you can only start from where you are and do the best you can, given your circumstances. *Luck and bad luck* also play a part, and it would be unfair to criticize anyone without walking in their shoes.<sup>44</sup>

However, nothing is inevitable. Anyone can improve their immune system if they want to. Every human being can decide to reconnect with nature. Every conscious mind can, at any time, choose to branch off in a different direction.

Awareness is the trigger, and this is what we call Awakening. A "wake-up call" is necessary to leave the "Cave of Illusions"<sup>45</sup> and escape manipulation. The outside world is dazzling and certainly less "comfortably secure," but it is the only environment that is beneficial to humans. We have gone too far into the artificial, chemistry, and concrete.

**Another system is possible, but it can only come from within.** We must change ourselves if we hope to change things. A minimum amount of energy is needed to be able to preserve it. That is the difficulty of the exercise, the limit of this *personal ecology*: I am no longer asleep but awake, I am no longer afraid but enthusiastic, I am no longer a victim but responsible... for my ecology and therefore for my quality of life!



### To find out more:

My philosophical tale *The Beggar and the Billionaire*, my essay *The Way of Water*, or my reference book *The Meaning of Tao*.

### Any other questions?

Contact me for a free expert analysis of your situation: +41 76 532 8838 (callback available) or [bsg@solutionsbio.ch](mailto:bsg@solutionsbio.ch)

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<sup>44</sup> "Great spirit, help me never to judge another before I have walked in their moccasins for at least three weeks" (Indian prayer)

<sup>45</sup> The allegory of the cave (presented by Plato in *The Republic*) depicts humans who are chained and gullible, facing shadows projected onto a wall, which they believe to be reality.