

PRINCIPLES OF NATURAL HYGIENE

- Healing is a biological process. It is accomplished by the body's own inherent forces and processes. No healing power whatsoever resides in any substance outside the body.
- The relationship between the body and the substances and influences of the environment does not change as a result of changes in the health status of the individual. What is wholesome and salubrious when taken in a state of health, is also, in its proper application, wholesome and salubrious when taken in a state of sickness. Furthermore, what is poisonous and nonusable when taken in a state of health, is also and always, poisonous and nonusable when taken in a state of sickness.
- Becoming sick does not suddenly enable the body to begin to appropriate substances when would cause sickness if taken in a healthy state.
- Becoming sick does not change the basic needs and requirements of life.
- Acute disease constitutes a modification of bodily function designed to remove poisonous substances from the body and repair damages. Those who interfere with the processes of acute disease are actually fighting the very means by which Nature is trying to restore health.
- Germs are saprophytes (scavengers) that propagate wherever there is an accumulation of dead organic matter. In disease processes, germs breakdown the exudates from the cells, and the dead cells, to facilitate their excretion. Germs do not cause disease and are powerless against healthy cells.
- The effects of drugs are to: suppress disease processes which would restore health if allowed to reach their natural termination, chemically irritate the organs and destroy the cells of the body, rampantly dissipate the body's energy, disrupt digestive, excretory and other bodily functions, and impair nutrition and drainage at a cellular level.
- The proper care of a sick person requires that the following three needs be met: (a) the causes of disease must be removed, which requires curtailing all devitalizing and abusive living habits and treatments; (b) the materials and conditions of health must be provided in keeping with the capacity of the sick organism to utilize them, and (c) vital energy must be conserved so that it may be directed toward healing. This entails procuring physical, sensory, mental, emotional, and physiological rest.
- Hygienic factors are employed for the same purposes in the care of a sick person as they are used in the care of a healthy person. Food, for example, is supplied to nourish the body, and not to cure disease. It is to the body we look, and on the body that we rely, for the restoration of health.

A Knowledge and Understanding of These Principles Is Essential To the Adoption of A Healthy Way of Life