

## **THE FOUR RULES OF THE ANCIENT UNIVERSAL HEALING SYSTEM CALLED NATURAL HYGIENE**

An "allopathic" doctor is a "medicine man." The allopath seeks to "cure" a disease with drugs that will produce side effects different from the effects of the disease. The allopath practices "allopathy."

A "hygienic doctor" is a "teacher." The hygienic doctor seeks to "teach" the sufferer how to remove the lifestyle causes of disease and how to provide all healthful lifestyle conditions that will allow the sufferer's body to heal itself. The Hygienic Doctor practices "Natural Hygiene."

**RULE NUMBER ONE:** Healing is a process accomplished by the body, and only the body.

**RULE NUMBER TWO:** The body always acts in its own best interests.

There are rare exceptions, but 99% of the time when a person is acutely ill, the most uncomfortable symptoms actually come from vigorous expression of the healing powers. When the body eliminates waste material from the respiratory tract, stomach, intestines and skin, in the form of mucus, vomit, diarrhea, secretions, this is because the brain has determined that health would be improved by such elimination. When the body raises its temperature and creates a "fever," science has shown it is more effective at regaining health. We need to stop blaming bacteria and viruses all the time and place responsibility where it truly belongs: the catastrophic plague of American gross overconsumption of all the wrong foods combined with extreme physical inactivity. Our constant attempts to suppress such symptoms with drugs only serves to make people sicker, not healthier!

**RULE NUMBER THREE:** The short term effect is opposite of the long term effect.

Take the example of coffee. Coffee contains caffeine which is a stimulant drug. Caffeine does not give the body energy. Caffeine is an inert substance and cannot transmit energy to the human body. Rather, it merely causes the release of energy stored in the body, thereby further depleting the body. Therefore, the short term effect of caffeine on energy is the opposite of the long term effect.

This rule has alternately been called in Hygiene: "The Law of Stimulation." Understand that stimulants actually weaken the body. The short term effect of coffee may be a feeling of more energy. But the rebound, long term effect is that of Enervation. No external substance can give energy to the body! The energy output which follows the use of coffee, laxatives, digitalis - or any other medicine - comes from the body, not from the drug.

The hygienic viewpoint of flu symptoms is another example of short term effects being the opposite of long term effects. One feels terrible while the lungs and sinuses discharge large amounts of waste material. The intestines may eject material from both ends with vomiting and diarrhea. The short term feeling is one of severe discomfort and illness. The natural tendency is take drugs to ameliorate symptoms. Yet, even though the short term feeling entails such extreme

distress, the long term effect of eliminating so much excess waste material is greatly improved overall health status!

**RULE NUMBER FOUR:** Drugs and surgery should only be used as last resorts.

Drugs are powerful chemicals, all of which have many negative effects on the body. One hundred measurable changes in body function may follow the use of a drug. Of these, only 1 may be desirable and 99 undesirable. The 99 are euphemistically called “side effects.” Yet because of these side-effects, if you administered these drugs to a person that was perfectly healthy, you could expect this person to demonstrate signs of illness due to emergence of the side effects. Yet the allopathic mentality expects the public to believe that the same drug will produce health in a sick person! This is, of course, impossible. Drugs do not build health, they suppress symptoms, often at great cost in terms of creating side effects.

Turning off the fire alarm (the symptom) with a drug will not extinguish the fire (the cause of the symptom). There are cases where drugs are useful and no one should take this as advice to stop taking any prescribed medication. But everyone should look for every possible alternative whenever possible. Discuss your options with your doctor, and do it soon!