

HEALTH AND DISEASE AND THE PROPER CARE OF THE SICK – A UNIFIED THEORY CALLED “NATURAL HYGIENE”

Alan M. Immerman, D.C.

INTRODUCTION

Today it is believed that every disease has its own specific and unique cause requiring a specific and unique cure. What if the opposite were true, that each disease has the same cause and requires the same cure? Of course there will be exceptions to the rule, but if the latter as opposed to the former is the rule? What is the one cause of all diseases? What is the one cure?

In the 1800's, a system was proposed called Natural Hygiene. It started out with hygiene in the form of public sanitation, proper disposal of human waste, clean water, etc. It progressed to clean clothing and opening windows to let in fresh air. It moved onto to Graham (the “Graham” cracker) and Kellogg who developed the first whole grain foods. And then it embraced the so-called “water cure” and the concept of detoxification was born.

Our purpose here is to introduce you to the 150 year old system called Natural Hygiene. You don't hear much about it since it has no products to sell. It requires no supplements or herbs and so gets no vendor promotion. However, it is so real that is at the heart of Dean Ornish, M.D. atherosclerosis-reversal program documented in peer-reviewed literature and recently popularized since it was successfully adopted by Bill Clinton.

We begin with a list of the basic Principles of Natural Hygiene. Then you will learn how to listen to your body and what actually constitutes true health. Next, you will learn the vital rules of health philosophy. Next, you will learn what you need to know to understand why your body does what it does when you are sick, and how to cooperate with the healing forces.

The next section, “A Rational Scientific Explanation of Toxin Overload,” explains the basis of almost all disease in our country. This is not the third world where many diseases come from deficiencies. Our bodies are swimming in excesses of toxins as you will see, and they are responsible for most disease.

The word “inflammation” is commonly used yet it is the rare person who can define it or who understands it. Once you have read this section, you will know why your own body turns on the inflammatory process as a self-protective process and why you would never want to take anything called an “anti-inflammatory,” natural or pharmacological. You will learn how to remove the cause of inflammation and dramatically improve your health.

The final section, “Progression of Pathology from the Common Cold to Cancer – A Unified Theory,” completes the story of Natural Hygiene and explains that when the causes of inflammation are not eliminated over a long period of time, ulceration with tissue damage can and will result, and the final result may be cancer.

Finally, you will have one theory to account for the cause of almost all diseases from the common cold to sore throats to arthritis to cancer to heart disease to diabetes to asthma, with one cure, specifically removal of the causes of disease from one's lifestyle. A 150 year old American system of healing called Natural Hygiene made clear and easy to understand in modern terms.

For further reading, a complete book on Natural Hygiene is available for free online. The sections printed here are the introduction to the book Health Unlimited! by Dr. Immerman which is found in its entirety for free at <http://www.soilandhealth.org/02/0201hyglibcat/HlthUldt.pdf>. It includes sections on all of the most common illnesses from which people suffer and discusses nutrition, exercise, stress reduction, and other important measures. It also includes rational diet and menu plans plus a complete bibliography. Now here goes a trek into a new world of thinking about health and healing!

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.

LISTEN TO YOUR BODY

Your body is speaking to you right now. Listen to its message and learn how to build vibrant health.

Your body is not some dumb hunk of protoplasm. It is a marvelously intelligence self-healing miracle in action, far more sophisticated than the most advanced computer. No doctor can create the ingenious healing that takes place after an accident or surgery.

We know not what our bodies can do for us. Most people take their body for granted and never become aware of how the body functions with great complexity every moment to sustain life.

Every moment that you are alive there is a virtual miracle happening within you. In the face of extremes of cold and hot temperatures, your body stays within a few degrees of normal. Minute adjustments are made to maintain normal blood pressure, acidity, oxygen content, calcium levels, and literally thousands of other variables every second. The body exerts an enormous effort every moment to maintain survival at the highest possible level of health.

You must develop great faith in the ability of your body to run its own affairs in the healthiest way possible. If you have this faith and become sick then you will look to your body and not doctors and hospitals for the solution. Since your body contains a computer more complex than has ever been imagined and houses chemists more sophisticated than those found at the greatest universities on earth, recognize that your body's healing processes deserve deep respect.

One of the major purposes of this book is explain that your body can almost always heal itself without any outside interventions. Most the symptoms of illnesses are direct evidence of healing activity. Learn to listen to your body when you are sick. If you can read the signals sent to you from your body then you will know how to help and not hinder your body's healing activities.

The body produces symptoms to send messages to your conscious awareness. Pain tells you that there is trouble. When you get other symptoms such as nausea, vomiting, diarrhea, cough, sneezing, fever and fatigue, your body is sending you a message. Always remember that symptoms are messages and not diseases. Don't be satisfied with health care that solely eliminates symptoms. If you had a fire in your house would you be satisfied with turning off the fire alarm? Of course not. But this is exactly what happens when you take pills that only get rid of symptoms.

This book will help you learn how to listen to your body. You will learn that the pain of inflammation is evidence of a healing process in action. You will learn how to help your body complete the healing process rather than taking drugs.

The greatest doctor of all lives within your body. When you are sick the doctor inside tells you what you need to do to regain your health. Once you learn how to listen you will be on the path to feeling better than you ever dreamed possible.

WHAT IS HEALTH?

We all want to be healthy but do we know what health is? Usually the answer is no. There are few classes on health in colleges and almost none in medical schools. Most people do not know how to define health.

Health is more than just feeling good. If you feel good one day and then are sick the next, you were not truly healthy when you felt good. It takes a long time to go from being healthy to having the symptoms of illness.

Dorland's Medical Dictionary says that health is "a state of optimal physical, mental, and social well-being, and not merely the absence of disease and infirmity." Clearly, feeling good is not the same as being healthy.

Our society suffers from a tragic lack of knowledge about health but we have great expertise about disease. Scientists have categorized and described diseases, studied the microscopic changes found in diseases, and researched cures for the symptoms of diseases. Yet we are literally dying from lack of knowledge about health.

But not everyone in our society is ignorant about health. A true health revolution began in the United States in the mid-1800s and continues to this day. Doctors of all types are involved. Instead of curing disease these doctors work to build health so that the body can have the vigor to heal itself. One of the greatest doctors of this health revolution was Herbert Shelton.

Dr. Shelton defines health as "the correct condition and action of all the vital powers and properties of the living body, and this necessitates the proper development and vigorous function of all the organs and tissues of the body and a close adherence to the laws and requirements of life. It is the normal or natural state of all organic existence and is always found where the laws

and conditions of life are observed." Dr. Shelton further states that "the universal tendency of all organic existence, animal or vegetable, is towards health. Every organ and tissue in the living body is striving ceaselessly to maintain itself in as ideal state as possible. To this there is no known exception. Life strives always toward perfection. It is as natural to be healthy as it is to be born."

"If the laws of life are complied with-if the conditions of healthy life are present-there is no power known to man which can prevent him from manifesting superb health. If these conditions are not present, the body must manifest as much health as the conditions present will permit. If health is already impaired, and the laws and conditions of healthy life are complied with, there is nothing that will prevent the living organism from returning to normal health, unless the destruction of vital parts or exhaustion of vital power has progressed beyond the body's power of repair and recuperation."

So health is the normal condition of life when one carefully fulfills the requirements of life. Health is a state of optimal physical and mental functioning and not merely the absence of symptoms.

How do you know if you are healthy? Many people will say that feeling good is proof of good health but this can be a dangerous error. Mayor Richard Daley of Chicago felt robust and vigorous at the time of a thorough physical examination in 1976. Doctors checked his height and weight, blood pressure and pulse, listened to his heart, lungs, and abdomen, looked at his eyes, ears, nose, and throat, performed extensive analysis of blood and urine, and checked the heart with an electrocardiogram.

After the test results were studied, Mayor Daley was given a "clean bill of health" which was no surprise to him since he felt great. The big surprise came just one week later when he dropped dead of a massive heart attack! Is it possible that he could have gone from good health to a fatal heart disease in one week? No. Mayor Daley was in terrible health when he had his complete examination but there were no symptoms at that time. Heart disease develops for years before a fatal heart attack occurs.

Examining someone for evidence of disease is not a reliable way to determine if the person is in good health. A complete analysis of lifestyle habits is also required. If the exam turns up no apparent problems but the history finds a diet of mainly high fat meat and soda pop, good health does not exist. When people say they are feeling fine but they never exercise sufficiently, get enough rest or relaxation, you can be sure that good health does not exist.

Because of confusion over the meaning of health, most people believe that they restore health when they suppress symptoms of disease, that aspirin cures a headache, laxatives cures constipation, and anti-inflammatory drugs cure arthritis. Yet these drugs cure disease about as well as turning off a fire alarm cures a fire! The symptom is not the disease. Relief of symptoms is not the same as restoration of health.

Most people take better care of their automobiles than of their own bodies. No one waits until the car breaks down to get a tune-up. After 12,000 miles the car gets a tune up even if it is running as smooth as silk. But most people do little to enhance health until there is a breakdown. Take steps to safeguard your health even when you are feeling good. When you are ill you must help your body heal itself (extinguish the fire) and not just hide the symptoms (turn off the fire alarm).

We are alarmed about the rate of cancer, heart disease, diabetes, stroke, arthritis, asthma and other chronic diseases, together with acute diseases such as the common cold, flu, bronchitis, pneumonia and sinusitis. We have a long way to go before we can say that we live in a land of healthy people.

Fortunately our society is moving in a healthward direction. People are trying to eat more healthfully, exercise more often and reduce their stress. Many have learned that good health is a matter of choice, not chance. We can each choose to live more healthfully and thereby become more healthy. Good health results from healthful living, not symptomatic cures. You can learn to build health in the true meaning of the word. Read on and learn how to unleash your body's healing power.

HEALTH PHILOSOPHY

What is health philosophy? Webster's says health philosophy is a study of the general principles and laws which underlie all knowledge and reality of health. If you want to build and maintain health then you must have a clear understanding of health philosophy.

It is not sufficient to have a working knowledge of healthful lifestyles. You need to understand the basic health principles or your commitment to healthful living practices may falter at a time of crisis. A clear health philosophy is the strong foundation we need to build a sturdy structure of health.

Must health philosophy be so complicated that only doctors can understand it? Absolutely not. The average person can easily understand the basics. Common sense is all that is needed. College education is totally unnecessary.

Some people do not want to be mentally involved with their health. They prefer to go about life without thinking about the requirements of health or the causes of disease. If a symptom such as pain suddenly appears, they go to a doctor who will "cure" them with little discussion. They do not want to know the cause of the pain, the nature of the problem which caused the pain, the way the alleged cure will solve the problem, or what steps must be taken in the future to prevent a recurrence. They want a doctor who will make all the decisions.

But the type of person just described is becoming rare. Most people want to know what is going on when sickness appears. They want to know how the problem was caused, what is going wrong inside the body, how they can recover good health and prevent a recurrence. Such people will not tolerate the type of doctor who gets angry when asked too many questions. Many people will fire a doctor says "if you want to know so much, go to medical school!"

Every person has a fundamental need to understand the requirements of health and the causes of illness. Never settle for less than a clear understanding of these issues. You must understand the basics of health philosophy If you truly desire to take control of your health and become as full of vitality and vigor as possible.

Rule number one, the foundation of health philosophy, is that healing is a process accomplished by the body and only by the body. We live in a world of supposed cures. One pill will cure headache, another an upset stomach. One will cure a skin disease, another a sore throat. But external substances cannot exert curative actions on the body. Drugs are lifeless and therefore cannot act. When such substances are taken the body acts on them. In our confusion, we usually say that the drug acted on the body and that the body reacted. But this is impossible: a lifeless drug cannot act. Only a living being can act. When you take a drug, the body will act on the drug. One of two things will happen when a drug is ingested: the body will either speed up or slow down the pace of a normal activity. When either of these two changes takes place, a sick person will feel different. But this does not mean that the health condition has been cured. All that results is a change in symptoms and not a resolution of the cause of the symptoms.

Body actions that make up the process of true healing are completely different from the body actions that follow the ingestion of a drug. Health problems cannot be cured by wallowing foreign chemicals. The body is the only source of healing. When an illness develops the body will automatically and spontaneously takes steps to heal itself. Though you may feel better when you take drugs, your health has not really improved.

Let's consider some examples. It is common for a person suffering from constipation to take a laxative. The laxative is a powerful chemical irritant, so irritating that when it finds its way into the intestine the body will feel insulted and will vigorously eliminate the irritant along with all the contents of the intestinal contents. Would it be accurate to say that the laxative cured? the constipation? No. The constipation developed because the intestine had been overworked and exhausted. The laxative did not make the intestine stronger or healthier in any way. In fact, since the chemical irritation of the laxative provoked the exhausted intestine to work very hard, the problem of constipation will be more severe following the use of the laxative. The intestine will ultimately be weaker, not stronger.

Patients with heart failure often take digitalis. After the patient swallows this drug, the heart will suddenly begin to beat with greater strength. Is the heart failure cured? No. The heart

had failed due to exhaustion and digitalis cannot recharge the heart. Imagine a farmer using a horse to plow his field. At the end of the day the horse is exhausted and lies down in the field. The farmer wants to finish the plowing, so he whips his horse into action. The horse gets up and finishes the task of plowing.

Did the whipping strengthen the horse? It may seem so since the job did get finished. But no whip can strengthen a horse. More work may get done by using a whip, but the exhausted horse will only get more exhausted and weak. Months and years of such treatment will reduce the overall amount of work which the horse will be able to accomplish.

Giving digitalis for a weak heart is the same as whipping a tired horse in the field. The whip does not strengthen the horse nor does the digitalis strengthen the heart.

What if a person has a headache and takes an aspirin? The pain will disappear, but was the problem cured? No. The pain arose from a troubled area of the body much like a warning light comes on in a car if the oil level is too low. The aspirin only removed the awareness of the problem, not the problem itself. No one would disconnect the oil warning light instead of adding oil when the alert light went on yet some people do this every day with their headaches.

Earlier I noted that the use of drugs can only result in an increase or decrease of the pace of normal body actions. Laxatives and digitalis result in an increase in intestinal and heart activity, respectively. Aspirin results in a decrease in the function of the nerves which convey the message of pain from a troubled area of the body to the center in the brain which registers pain. The use of each of these drugs will make a person feel better. But, such drug use will not produce even one tiny bit of real healing.

Pneumonia and other infections may seem to be exceptions to the rule that drugs do not cure diseases. However, upon deeper analysis, we find that the rule holds true. Antibiotics will destroy the bacteria involved with the infection, but they will not cure the cause of infection which is lowered body resistance. Infections sometimes are so severe that antibiotics are needed but these drugs do not improve resistance to infections and, therefore, are not true cures. Only the body itself can increase health and resistance to the point where infections stop occurring.

If you want to achieve good health, you should work to support your body's healing processes instead of looking for cures. Provide your body with the normal raw materials of life and do not obstruct the healing process. Eat healthy food in the right amounts, exercise regularly, get plenty of rest, avoid excessive stress, drink pure water and breathe pure air, and expose your body to natural sunlight for appropriate periods of time.

Unlimited good health is a product of healthful living, not cures. Though healthful living of itself cures nothing, it unleashes the body's healing powers which can do more than all the doctors in the world combined together.

Rule number two: The body always acts in its own best interests. When a person becomes acutely ill, many uncomfortable and distressing symptoms develop: vomiting, coughing, fever, sneezing, diarrhea, pain, muscle tension, etc. These symptoms arise from vigorous expression of the healing power. The body eliminates waste material from the intestines or lungs because the brain determined that health would be improved by some vigorous spring cleaning. Attempting to suppress such symptoms with drugs makes one sicker, not healthier. There are rare exceptions, such as pneumonia, but this rule holds true 99% of the time.

Rule number three: The short term effect is opposite to the long term effect. A cup of coffee appears to give you more energy but the long term effect is more fatigue. Coffee does not give the body any energy; rather it causes a massive release of stored energy which leaves the body further depleted.

This rule has been called the law of stimulation. Apparent stimulants actually weaken the body. Laxatives weaken an exhausted intestine, and digitalis weakens a worn out heart. The short term effect of greater intestinal and heart activity leads to the long term effect of increased weakness and exhaustion. No external substance can give energy to the body. The energy surge following the use of coffee, laxatives, and digitalis comes from the body, not from the drug. Foods are not drugs and so do not stimulate the body. Food provides the body with raw materials from which the body can create energy.

The flu is another example of the short term effect being the opposite of the long term effect. 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 illness. Yet the long term effect is better health. The flu is a time of vigorous elimination of waste material. When the body harbors less of the waste material that had accumulated for months, overall health level will improve.

Rule number four: Drugs and surgery should only be used as a last resort. Drugs are powerful chemicals all of which have many negative side effects. One hundred changes in body function may follow the use of a drug but only one may be desirable. The ninety-nine unwanted changes are the side effects.

Because of the side effects, a healthy person who takes a drug will inevitably get sick because of the side effects. Yet some expect that the same drug will only produce health in a sick person. This is impossible. Drugs do not build health; they suppress symptoms at great cost. Turning off the fire alarm (the symptom) with a drug will not extinguish the fire (the cause of the symptom). Drugs can save lives in some cases, but there is more harm than good 90% of the time drugs are given.

These are the basics of health philosophy. Those who do not understand them remain confused with no direction and poor health. But you can learn about health philosophy, take control of your health, and feel much better than you ever imagined possible.

A RATIONAL SCIENTIFIC THEORY OF TOXIN OVERLOAD

Toxin or poison overload, called "toxemia," is an age-old concept that you must understand to protect your health. Many health problems come from toxemia.

Toxemia results from accumulation in the body of chemicals which are toxic in any amount, or chemicals which are not toxic in normal amounts but become toxic when they are present in excessive amounts. Toxic chemicals inflict damage on the body.

Chemicals which are toxic when present in any amount include arsenic, lead, lye, mercury, asbestos, botulism poison, etc. These chemicals will cause severe illness. Lead poisoning from eating paint chips, for example, causes severe brain damage.

Chemicals which are not toxic when present in normal amounts but which become toxic when present in excessive amounts may cause severe illness. To understand this picture the body as a funnel with food being poured into the larger opening. There are only three things the body can do with the food: burn it for energy, use it for building blocks, or eliminate it via the intestines, kidneys, lungs, skin and other routes. But, as represented by the smaller end of the funnel, the body has only a limited capacity to process foods.

The body makes hundreds of changes to the food between the top and the bottom of the funnel. Chemical A is converted to chemical B which is converted into chemical C, then D, then E, etc. When you eat too much the funnel gets overloaded causing a backup. The result is a great increase in the amounts of all body chemicals (A, B, C, D E, etc.) known as "intermediary metabolites" (IM's) Many of these chemicals are known to be toxic when present in excessive amounts, and they frequently cause illness.

For example, it is well known that IM's accelerate the aging process by causing the development of cross linkages between protein molecules. Cross linkages cause joint stiffness, wrinkling and overall deterioration of the body.

Biochemists are very familiar with some of the most common IM's such as pyruvic acid, malic acid, fumaric acid, and α -ketoglutaric acid. These chemicals are known to be disease producing when present in excessive amounts. Eating more food than your body can handle causes a buildup of such chemicals which results in damage to the body.

Hundreds of scientific studies have shown that eating a relatively small amount of food will delay aging. This is because the body is able to completely process all of the food when less is eaten so there is no buildup of the IM's which speed up the aging process.

There are many other normal body chemicals which cause disease when present in excessive amounts. Cholesterol is one of the most famous. It is needed to form chemicals to assist digestion and absorption of fats, manufacture many hormones which regulate body function, and construct the membranes which enclose all body cells. Dietary sources of cholesterol are meats, dairy products, and eggs. If excessive amounts of these foods are eaten the blood cholesterol level will soar and the risk of a heart attack or stroke will increase.

Triglycerides are the fats in food and in the bloodstream. They are an important source of energy for the body. Triglycerides come from the saturated fats in animal foods, the unsaturated fats in vegetable foods and from sugars and starches via conversion in the liver. An elevated triglyceride level makes the blood cells become sticky and clump together. This reduces blood flow and can cause a heart attack, stroke or other serious problem.

Uric acid is another chemical which is normally present in the bloodstream. It comes from eating meats, drinking alcohol, breakdown of body tissue and production within the body. High levels of uric acid in the bloodstream will cause a serious form of arthritis called gout.

Glucose is blood sugar. It comes from the breakdown of starch and sugar, or conversion from fat and protein. An elevated level of glucose causes a corresponding increase in the level of insulin. The result is damage to the blood vessels, nervous system, muscles and eyes. This damage can cause a heart attack, stroke, numbness, weakness, impotence, cataract and blindness.

Homocysteine is a chemical that comes from the breakdown of protein. The walls of blood vessels will become irritated if blood levels of homocysteine become too high from eating too much protein. Such irritation leads to the buildup of fat deposits which can cause a heart attack or stroke.

There is no question that you must understand toxemia to protect and improve your health. The concept of toxemia was developed in the early 20th century by John H. Tilden, M.D. He stated that stress from daily habits or from the environment will excessively strain the body. This strain will affect both the mind and the body and lead to overall exhaustion which Tilden called enervation. When enervation develops, the body becomes too weak to efficiently eliminate toxins of any type through the liver, lungs, intestines, kidneys, or skin.

Inefficient elimination leads to retention of toxins. Toxemia develops when there is an excessive accumulation of normal or abnormal chemicals.

A continual rise in toxin levels will inevitably exceed the body's level of tolerance. The body will attempt to eliminate the toxins when the point of intolerance is reached. Symptoms of elimination include sneezing, coughing, vomiting, diarrhea, skin secretions and dark urine. These symptoms are evidence of a health building process and should be welcomed as evidence of vigorous healing.

The body may not have the strength to do an effective job of cleansing and elimination if it has been overwhelmed for years with toxins. Chronic illnesses develop when toxins are present for a long time. One common example is heart disease from a buildup of cholesterol.

Advanced toxemia will irritate all areas of the body. Some parts of the body are weaker than other parts because of heredity or previous health problems. The weaker parts will show signs of disease first. The same toxins may cause a lung problem in one person but a kidney problem in another.

Dr. Tilden discovered many causes of enervation and toxemia. Nutritional causes include overeating, eating the wrong foods, vitamin and mineral deficiencies, use of coffee, tea or alcohol. Emotional causes include worry, jealousy, rage and fear. Miscellaneous causes include toxins produced by bacteria, an unfriendly environment, injuries, postural tension, physical defects, physical excesses and the unpoised state.

The solution for toxemia is to support the body as it attempts to solve the problem. The body does not need to be actively cleansed by laxatives, enemas or similar measures since it is fully capable of cleansing itself. We should stop fighting the body when it tries to eliminate toxins through coughing, diarrhea and other means of elimination. Taking drugs to stop the mucous flow of a cold or to stop diarrhea will stop the necessary and health building elimination of toxins from the body.

The only time to take drugs is the rare occasion when the intensity of the elimination process itself becomes life threatening. For example, a child with severe diarrhea lasting for more than two days can become dehydrated and die without drugs. An elderly patient with a severe cough from pneumonia could also die without drugs. But, these are the rare exceptions to the general rule that it is safe to weather the storm of an elimination crisis without taking drugs. It is best to have a knowledgeable doctor supervising your care.

When the body is permitted to complete the elimination then the toxins will be flushed from the body. Great health simply springs forward when the burden of toxemia is lifted.

INFLAMMATION MADE RELEVANT

Arthritis, gastritis, tonsillitis, and bronchitis are diseases of different body regions. Yet they are more alike than different since all are inflammatory conditions. Any disease name which ends in "itis" is an inflammation.

Whether it is found in the joints or the throat or elsewhere, inflammation has the same purpose and result. The list of inflammatory diseases is quite long since this process can occur in any area of the body. Naming the condition requires using the name of the tissue and adding "-itis" to the end. "Arth" means joint, so arthritis is inflammation of a joint. "Gastric" means stomach, so gastritis is inflammation of the stomach.

It would seem that all of the inflammatory conditions are different based on the way they are named but that is not the case. For instance, bronchitis is obviously not identical to tonsillitis. But, since the basic process which occurs in the tissue is identical wherever it is found, conditions of inflammation are the same throughout the body. The causes are the same, the mechanics are the same, and the results are the same. When you understand the nature of inflammation in a joint, you understand the nature of inflammation in the intestine, pancreas, and brain or wherever it occurs.

What is inflammation? Robbins' Pathologic Basis of Disease, a top medical school textbook, says that inflammation is the local reaction of tissue to injury. Inflammation has been understood for centuries. In 1793, a Scottish surgeon wrote what is now considered obvious: inflammation is not a disease but a response by the body that has a health-building effect.

Robbins' says that inflammation "serves to destroy, dilute, or wall-off the injurious agent and the tissue cells that it may have destroyed. In turn, the inflammatory response sets into motion a complex series of events which, as far as possible, heal and reconstitute the damaged tissue...Without inflammation, bacterial infections would go unchecked, wounds would never heal, and injured tissues and organs might remain permanent festering defects."

Inflammation is, therefore, a healing activity which is initiated by the body when the need presents. For example, consider the case of a splinter that becomes lodged in the skin. The splinter is clearly an injurious agent. Nerves in the skin register the presence of the splinter and alert the brain. As a result, the brain activates the inflammatory process to destroy the splinter. Blood will be rushed to the area to provide white blood cells which release chemicals to digest the splinter. The extra blood causes the skin to become reddened and swollen. The area will feel hot and painful. Within a few hours or days, the splinter will be dissolved.

Inflammation can only arise when there is a need for it in the form of some agent which is harmful to the body. The activities of inflammation are basically the same wherever they occur. The characteristics which distinguish inflammation in one area of the body from the same process in a different area result from the nature of the involved tissue and the degree of intensity of the inflammation.

It is clear that inflammation is a health-building process, initiated only when the brain perceives a need for such action. Since inflammatory diseases are commonplace, it is crucial to understand the basic nature of inflammation and to follow a rational path to resolution of the problem. With a splinter, we should first attempt removal with sterile tweezers and needle. If the splinter is too deep, we should let the body destroy it from within by the actions of inflammation.

Most of the inflammatory conditions are internal. Since we cannot remove irritants from joints with tweezers, we must depend upon the effectiveness of the inflammatory process.

Inside the body, the injurious agent which the body tries to destroy with inflammation is a chemical toxin. Toxemia, the presence of irritating toxins in the body, is extremely common (see chapter on Toxemia). Toxins are found in the bloodstream, in the tissue spaces between cells, and within cells. When the body becomes excessively irritated by the toxins, it will turn on the inflammatory process to destroy the toxins.

The best way to deal with an inflammatory disease is to help it along. Since inflammation is the body's chosen form of treatment for toxemia, we do not need to attempt to treat toxemia with any other methods. The best course to follow is one of complete rest. With proper rest, we do nothing which interferes with the inflammatory process.

Complete rest involves resting the digestive system by eating a minimal amount of food that is completely free of toxins and/or fasting, resting the body by staying home from work and not exercising, and resting the mind by not worrying and fretting. When we eat less, the body will live on non-essential substances within the system. The first to be burned for energy will be the accumulated toxins. Most of the toxins are normal body chemicals which, because they are present in excessive amounts, have a toxic effect. Conserving energy by resting the body and mind allows the body to direct all available energies to the healing process.

In actual practice, these measures are quite effective. Arthritis, bronchitis, sinusitis, colitis, gastritis, myositis, and many other inflammatory conditions resolve rapidly under the complete rest" system of management. The chances of success, and the degree of safety, are greatly increased when one is supervised by a doctor familiar with these methods.

How do most doctors deal with inflammatory diseases such as arthritis and gastritis? Based on the fact that inflammation is a health-building process, you might assume that no doctor would ever try to halt this healing activity. But unfortunately, you would be wrong. The entire medical profession is lost in an incredible misunderstanding: MDs believe that the inflammation, not the cause of the inflammation, is the problem. Therefore, an attack is made on the inflammatory process, not on the injurious agent which caused the inflammation.

Why the attack on inflammation? Because the symptoms of inflammation can be alarming and uncomfortable. There can be a disturbing amount of pain, swelling, redness, heat, and disability associated with inflammation.

Unfortunately, these symptoms of inflammation are mistakenly regarded as the disease itself. The pain of inflammation, therefore, is treated as if it were the disease, instead of evidence of the body's effort to destroy the disease-producing agent.

This is the rationale behind modern treatment of inflammatory diseases. Tons of anti-inflammatory drugs are swallowed by sick people every day. Examples of such drugs are cortisone, aspirin, Naprosyn, and Motrin. There are many others, with new ones appearing on the market every year.

Doctors mistakenly believe that the pain is the disease, not the symptom of disease, so when the pain is gone the disease is thought to be cured. But stopping the inflammatory process is no more sensible than turning off a fire alarm instead of extinguishing the fire.

When the body becomes excessively loaded with toxins, the brain will initiate a series of measures to expel and destroy toxins. Such measures may include sneezing, coughing, diarrhea, vomiting, and a runny nose. These are all natural forms of elimination. The inflammatory process is designed to destroy toxins within the body. Such healing activities should not be suppressed with drugs. Rather, they should be supported with proper lifestyle changes.

When inflammation is stopped by improper treatment, the toxins which the body was trying to eliminate will remain locked up in the bloodstream and tissues. The chronic toxemia which results will cause diseases which can be quite severe such as disabling arthritis and life-threatening heart disease.

We should respect the inherent wisdom of body and not attempt to halt the inflammatory process. If properly supported and moderated through natural means, the body will complete the healing inflammatory activity it initiated and restore the organ or tissue to good health to the fullest extent possible.

If you learn to cooperate with your body when it is trying to heal itself with inflammation instead of suppressing the process with drugs, you will develop a higher level of health than you have ever imagined possible. Find a doctor who understands that inflammation is good for you, and follow the path to true health.

PROGRESSION OF PATHOLOGY FROM THE COMMON COLD TO CANCER – A UNIFIED THEORY

What is pathology? Dorland's Medical Dictionary defines pathology as the "structural and functional changes in tissues and organs of the body which cause or are caused by disease." A pathological condition of the body occurs when the body or one of its parts is not functioning normally and healthfully.

In the last two chapters, we discussed toxemia and inflammation. The purpose of this chapter is to connect the phases of pathology of toxemia with inflammation, and discuss a model of disease which explains how one phase of pathology progresses to another phase.

In the chapter on toxemia, we explored the concept of enervation. Enervation is a state of overall body fatigue and exhaustion. When the body is enervated, it cannot perform its functions to the normal degree. Enervation is the result of overeating, eating the wrong foods, excessive stress, too little exercise, insufficient rest, etc.

If the causes of enervation are not halted, toxemia will develop. When the body is fatigued, it will do an incomplete job of removing toxins and they will accumulate in the system.

The pathological condition of enervation has now progressed to the pathological condition of toxemia.

When toxemia is present, the toxic chemicals will irritate body tissues. Toxins accumulate in all areas of the body including the bloodstream which bathes every body tissue. Each of us has certain areas in the body which are weaker than other areas. Usually this is determined by inheritance: if your parents have heart trouble, you will probably have a tendency to develop heart problems; if your parents have sinus trouble, you will probably have relatively sensitive sinuses; if your parents have stomach problems, you will probably have a stomach which is easy to irritate.

Persistent toxemia will progress to the pathological stage of irritation. When body tissues are chronically exposed to toxins, they will become irritated.

When irritation is present for a prolonged period of time, the body will initiate a healing effort to destroy the toxins which are responsible for the irritation. This healing effort is called the pathological stage of inflammation. The body will rush white blood cells to the area of irritated tissue and these cells will release powerful enzymes to destroy the irritating toxins. Inflammation is a healthful activity.

Sometimes the body cannot do the job solely with inflammation as its main healing activity. If the inflammatory process cannot do the complete job of toxin destruction, the body will initiate other activities to help. These activities are called "vicarious elimination."

Acts of vicarious elimination include vomiting, sneezing, diarrhea, coughing, discharge of mucous from the nose, and excretions of waste by the skin. We tend to look at these activities as negative and unpleasant actions and try to suppress them with nose sprays, cough syrups, and other drugs. But the truth is that these actions are health –building, initiated by the body to eliminate harmful toxins. At the same time, the liver filters toxins out of the blood, and then it discharges these toxins through the bile ducts into the upper small intestine. If these toxins are sent "downstream", they will pass through and bathe the tissues of approximately 35 feet of intestine. The body may choose, therefore, to spare this large area of intestine from irritation and send the toxins "upstream" a few inches into the stomach. The body will then discharge these chemicals with vomiting, another unpleasant but health-improving activity.

When vomiting occurs, it is because the body wishes to eliminate toxins which are present in the stomach and upper small intestine. The same is true with the other activities of vicarious elimination. When coughing occurs, the lungs are trying to cleanse themselves. When diarrhea occurs, the intestines are trying to unload waste materials. Unpleasant, but good for you.

Unfortunately, the symptoms of healing and cleansing are usually regarded as the disease itself. The pain of inflammation, the discomfort of vomiting and diarrhea, the irritation of coughing, the nuisance of a runny nose, these and all other symptoms of healing are often

wrongly suppressed with drugs. Such suppression prevents the body from cleansing itself of irritating toxins. When the toxins remain in the body for a prolonged period of time, the pathological state of vicarious elimination will progress to the pathological state of ulceration.

Prior to the onset of ulceration, very few body tissues have been destroyed. Irritation, inflammation, and vicarious elimination do not involve any significant tissue destruction. But when irritating toxins are present for too long a period of time, tissue destruction will occur. Such tissue destruction is called the pathological stage of ulceration.

With significant ulceration, the body will be unable to build enough new cells to replace the ones which have been destroyed. To fill in where cells have been destroyed, the body will produce scar tissue. An example is cirrhosis of the liver which occurs after large-scale liver destruction by alcohol. The pathological condition of ulceration has progressed to the pathological condition of scar tissue, also called fibrosis or induration.

Up to this point, there has been a tremendous progression of pathology. The initial stage of enervation which can usually be corrected by simple dietary changes and extra rest has progressed to the stage of fibrosis where body tissues have been destroyed and cannot be replaced. If the causes of disease are not halted at this point, the pathology may progress to the final stage of cancer. Chronic irritation by toxins may finally disrupt normal cells so much that they will go "haywire" and become cancerous.

The eight stages of pathology described above help explain how disease is produced in the body. Let's consider an example. Alcohol is a toxin to the body. A person who drinks excessively will weaken his body, thereby producing the state of enervation.

Because alcohol is a powerful toxin, its presence in the body will produce the pathological condition of toxemia. If such toxemia persists, the stage of irritation will result.

Imagine the lining of the stomach being exposed to the toxic impact of alcohol. Severe irritation will commonly result. If the irritation persists, the body will attempt to protect itself with inflammation.

The process of inflammation is initiated by the body to destroy the toxic chemical alcohol. The stomach lining will become reddened as the body rushes more blood and defensive white blood cells to the area. The inflammatory process is quite painful so the person who drank too much alcohol will be aware of what he has done to himself.

If the inflammatory process cannot complete the cleansing by itself, the body will initiate the process of vicarious elimination. In the stomach, this will take the form of vomiting. Anyone who has had too much to drink has experienced the displeasure of vomiting when the stomach attempts to free itself of irritating toxins.

If the stomach is not able to protect itself from the toxin alcohol through the processes of inflammation and vicarious elimination, stomach cells will be destroyed. This is the pathological stage of ulceration. A stomach ulcer can be caused by excessive drinking.

When healing of a stomach ulcer occurs, scar tissue is usually formed. The stomach cannot completely heal an ulcer with normal stomach cells. Scar tissue is used, constituting the stage of fibrosis.

If the irritation of the stomach continues past this point, severe derangement of stomach cells can occur. As a result, cancer cells may form. Cancer is the final and irreversible stage of pathology.

Most diseases are the direct result of unhealthful lifestyle practices. Such practices first result in enervation. If they are continued, the pathology will progress from enervation to toxemia, then to irritation, then inflammation, vicarious elimination, ulceration, fibrosis, and finally, cancer. If you always remember the steps of this progression, you will have a much more profound understanding of the causes and solutions of health problems. Good health will definitely be in your future!