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Clean It or Lose It

Just as we don't walk down the street and "catch" health; neither do we walk down the street and "catch" diseases. We earn either health or disease by how we live our lives. One person sneezes in a room with his mouth uncovered and only 3 of the 10 people in that room get sick. Why? With the exception of genetic conditions, which account for less than 3% of illnesses, all other conditions are earned. What "runs" in families are eating habits and life styles. One hundred years ago, 0.5% of Americans got cancer. Almost 50% of Americans alive today, will get cancer in their lifetimes. Where is the genetics in that?

Health is best defined as the 'optimal functioning of an organism'. We really have no idea what 'optimal functioning' of human beings might "look like" because we live in a society where the majority of people are sickly. Our standard of "health" is really a standard of varying degrees of sickness. We regard most people as 'well' if they can attend to their survival needs. In fact, most people define health as "the absence of disease", which is tantamount to defining "light" as the "absence of darkness".

Nature heals! You cannot purchase a cure but you can earn your health. A surgeon can only bring two edges of skin together from a laceration and suture them, but nature will restore the viability and integrity of the skin. Only by living according the natural laws which define our biology do we have a chance at being restored to health. Natural laws are non-negotiable. Apples seeds never yield orange trees.

The first step in healing is to stop causing disease. This can only be accomplished by simultaneously ceasing to ingest unwholesome foods and drinks while cleaning out poisonous waste from the body. There are five waste removal systems in our bodies: bowels, kidneys, skin, lungs, and lymph. The human colon is approximately five feet in length and one of its functions is to reabsorb water. Therefore, if you are not defecating five feet of waste daily, you are retaining a substance so toxic that if one drop were to enter your blood stream you would become extremely ill and possibly die. When you continually reabsorb the water of the retained feces, toxins are also absorbed into the blood. Once toxins reach the blood, it is called "toxemia". This small amount of continual toxemia is part of what keeps the whole body in an underlying inflammatory state which is the basic pathology of all illnesses.

Keep in mind that the immune system has two broad functions and can therefore, be classified as the department of defense and the department of maintenance. If the immune system is overwhelmed by maintenance requirements there are little or no resources left over for defense. Clearly then, it is imperative that we "take over" as much of the maintenance duties as possible so that the immune system can continue to defend us from infections, trauma and cancer.

Whatever cannot be used for normal metabolic needs of growth, repair, reproduction, building new tissues, or providing energy must be eliminated. If not eliminated, normal metabolic functions cease and sickness and death result.

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