The contents of this supplemental article constitute a simplified, collective rundown and recap of the following articles:

- Your Amazing Biological Machine
- When Life-Saving Research Is Buried
- Healing at the Cell Level (parts 1–5)

You are encouraged to read each of the articles listed, as the repetition of this information will help you retain increasingly more as you go along. If you are a newcomer to the healing arts, you will be afforded a generous head start on the learning curve.
Life, positive health, healing, disease, degeneration, and death are conditions and processes that originate at the cellular level. They, except death, are states of being that we can influence substantially in either direction for better or for worse. Sufficient scientific research and documentation has long existed that would enable humanity's understanding of how we individually and collectively promote the faculties of life and beget the pathways of death. In fact it has for decades been nothing more than but a frustrating, tediously drawn-out "waiting game" to see when our elevated awareness and understandings would be brought out of sheer obscuration and actively applied on a global scale—of course against the best interest of all industries and special interests that proliferate on sickness and would therefore stand to be progressively dismantled—to actually start educating and empowering populations beyond the Dark Ages of "disease" management. Until then, there will remain much left to be desired from medical educational institutions and predominating national health care systems across the world.
The Basics

All parts of our bodies are made up of electricity-producing cells that all emit an invisible electromagnetic field and are surrounded by microscopic rivers of fluid (called interstitial fluid). You and I are essentially biochemical, electromagnetic spiritual beings.

Once provided the key ingredients to make energy through "cellular aerobic respiration," a healthy cell will produce the fuel (ATP) needed to drive its engine (sodium-potassium pump).

The key ingredients for aerobic respiration are:

- Primary ingredient: Oxygen (O₂)
- Secondary ingredient: Fructose/glucose (preferred and most efficient), fatty acids (if sugars are in short supply) or amino acids (as a last resort and very inefficient)

Conversely, an idling, damaged, degenerating or dead cell does not produce sufficient energy. Unhealthy or dead cells thus emit a reduced or no electromagnetic field respectively.

To keep cells healthy, they must first and foremost remain continually NOURISHED and their environment CLEAN. Secondly, there must exist a very tightly-regulated balance of two important minerals within and around the cells: sodium (Na⁺) and potassium (K⁺).

- A perfect concentration of sodium that is high outside the cell and low inside the cell; and
- A perfect concentration of potassium that is low outside the cell and high inside the cell.
Already high concentrations must not get higher; low concentrations must not go lower. They must remain within their naturally specified, narrow range. Alterations of this balance will damage or kill a cell. The mineral balance inside cells is regulated by their sodium-potassium pumps, while adrenal steroid hormones regulate the outside balance.

Two separate circulatory systems in our body take care of the feeding and cleaning of cells:

- The **cardiovascular system** (blood circulation)
- The **lymphatic system** (lymph circulation)

Nutriment enters in from the bloodstream when water (plasma) in the bloodstream comes out to shower/irrigate our internal "cell farms" with oxygen, water and dissolved nutrients (sugars, vitamins, amino acids, fatty acids,
minerals, etc.). Just as we do, cells "ingest" and metabolize these various nutrients received and as a result produce waste by-products which they excrete into the [interstitial] spaces around them, which must be removed. The water returning to the bloodstream also leaves behind leftover materials between the cells that cannot be reabsorbed back into the blood and must therefore be removed otherwise.

The lymphatic system is then our internal garbage collector and "house" of the immune system. It retrieves these waste materials by pulling them out from the spaces between the cells through a suction-like effect, like a vacuum cleaner, creating a negative pressure environment (like sucking all the air out of a balloon) that pulls the cells closely together and close to blood and lymphatic capillaries.

This way, the lymphatic system maintains our tissues in a purified and clean condition, and keeps the cells very close to blood capillaries for 24/7 optimal oxygenation, hydration, and nourishment.

This purified and "negative sub-atmospheric" pressure environment is called "Dry State" or "Vacuum State," and represents the perfect healthy-living environment of the cells where there is just adequate fluid to encircle the cells, and where no process of dis-ease, whether of degenerative, infectious or allergic nature, can take place, as cells have all their needs met at all times, their surroundings are clean, and the immune system can function at optimal capacity. In 1961, it was discovered by Dr. Arthur C. Guyton, M.D. (1919–2003), author of the world's most widely used medical physiology textbook and a man far ahead of his time, that, to have a healthy body, our tissues must be in this negative sub-atmospheric pressure condition. He published his discovery the same year, later coining it the "Dry State."

This Dry State can be reversed in countless ways. Anything that is harmful to the body, harms the body foremost by causing stress or direct damage to our tissues,
and this will change the Dry State in tissues affected. However, all damaging elements operate primarily as catalysts that set things in motion because there is only one substance inside our physical bodies that can ultimately bring into effect an undoing of the perfect cellular healthy–living environment: fluid (water).

You see, under normal conditions, there is only enough water to create a tiny river around each cell; no more; no less. This water originates from the bloodstream each time water leaves the bloodstream to shower the cells with oxygen and nutrients. When water comes out and enters the tissue spaces (where the cells are) most of it is very quickly pulled back into the bloodstream but leaves behind a little bit of fluid, and this *little bit* then becomes interstitial lymph fluid—this being the fluid that surrounds cells and is eventually pulled into our "other" circulatory system: the lymphatic system.

However, when tissue cells or blood capillaries fall in harm’s way, whether from:

a. **Mechanical**— (abrasions, bruising, concussions, cuts, fractures, dislocations, etc.);

b. **Chemical**— (damaging and physiologically disagreeable foods, mental stress, shock, corrosive acids or alkalis, heavy metals, medications, chemotherapy, toxins (incl. poisons, venoms, additives, preservatives, fumes, solvents, and agrichemical “-cides”), excess macro- and micronutrients, etc.);

c. **Electrical**— (electric burns, electric shock, etc.);

d. **Electromagnetic radiation**— (x-rays, CT scans, mammography, radiation therapy, WiFi, mobile phones, laptops and other electric, electronic and wireless technology, etc.); or

e. **Thermal** forces (burns, frost bites, etc.)

...this ignites a process widely known as inflammation. Depending on the severity of damage, a sometimes dramatically increased exit of water from the
bloodstream takes place across capillary walls. It can happen throughout the entire body (as from mental stress or traumatic shock) or in localized areas. Water enters tissue spaces in quantities far exceeding the lymphatic system’s capacity to keep up. The lymphatic capillaries are left to do their best possible to drain this flooding with sometimes very little success.

In our blood, there are three major proteins of varying sizes that are naturally part of the bloodstream. These proteins are created in the liver and secreted from there into the blood. They are called the albumin, globulin, and fibrinogen. The albumin is the lightest (as in molecular weight) of the three proteins and it therefore has the easiest time leaving through the tiny pores of the capillary membrane.

The large exit of water happens when either a.) the blood vessels are severed or damaged to the point of rupturing or b.) the blood capillary membrane pores are caused to dilate and open up. (At this point the two larger blood proteins, globulin and fibrinogen, will have a much easier time coming out alongside albumin.)

"Loss of blood proteins through the capillary walls would be particularly disastrous." ~ The American Medical Association (Today's Health), Your Other Circulatory System, p. 30

The proteins are negatively charged. This means that they will attract substances of opposite, positive charge. Sodium is an essential mineral and nutrient found
naturally in abundant concentrations in our blood. These sodium ions, however, are positively charged, meaning they magnetically attract themselves to the blood proteins. In addition, sodium's strong electrical and magnetic charge attracts water.

So, wherever the proteins go, sodium will follow. And wherever sodium goes, water will be right on its tail. In essence, blood proteins are "water-and-sodium" magnets.

Under normal, healthy circumstances, there is still a significant leakage most notably of the albumin protein from capillaries all over the body; the opposite of what has been taught in educational institutions across the world for over eight decades and still counting, since this was first discovered in the early 1930s and, according to the Postgraduate Medical Journal of July 1965 (p. 425), more thoroughly replicated and confirmed several times thereafter (in 1951, ’54, ’56, ’60, ’61, ’62, and ’63).

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<tr>
<th>ALBUMIN</th>
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<tr>
<td>(Lightest Plasma Protein)</td>
<td>(“Midweight” Plasma Protein)</td>
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<tr>
<td>Readily leaves bloodstream 24/7 via healthy capillaries</td>
<td>Readily leaves bloodstream through dilated capillary pores</td>
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"In the course of a day 50 percent or more of the total amount of protein circulating in the blood is lost from the capillaries and is returned to the bloodstream by the lymphatic system." ~ Dr. Hymen S. Mayerson, M.D., Scientific American (1963). The Lymphatic System, p. 84

Now, do you recall that cells emit a bioelectric field? Well, this field has some important functions, one of which is to keep the blood proteins from clustering together and becoming "locked" around the cells. Because if the proteins lock there, they will maintain a too-high concentration of sodium around the cells,
and will create a pool of water that increases the distance between cells and everything else. To receive their required amounts of oxygen and nutrients, cells must never be pushed too far away from a blood capillary. But when this flooding of water happens, cells begin to "drown" in lack of oxygen and starve from nutritional deprivation. They become unhealthy and dysfunctional, and such cells are in no condition to produce an electric field to keep the blood proteins disassociated and prevented from clustering. Hence we can also understand that these electric fields are essential to proper blood and lymphatic circulation.

When the proteins lock, the lymphatic system has a very difficult if not impossible time removing them. This is especially true of proteins that are located at great distance from lymphatic capillaries. Since the lymphatics now has a difficult time keeping the tissue spaces clean and purified, the environment becomes ripe for easy accumulation of toxic waste products originating from cells or sources otherwise and for inviting parasitic involvement. The burdened environment begins to "express itself" of this Dry State alteration in different ways and to varying degrees, all of which is preceded first by a decrease of albumin and other proteins in the bloodstream.

- Inflammation*, fluid retention and swellings
- Lack of oxygen or blocked oxidation*
- Altered bioelectric field*
- Nutritional imbalances and deprivation*
- Tissue accumulations of toxins and poisons (toxemia)*
- A reversing of healthy tissue pH (normally toward tissue acidosis)*
- Depressed immune system function*
- Microbial infections and parasitic problems*
- Tissue dysfunction, atrophy, loss of integrity, and degeneration (hyper- or under-activity and eventually no activity (idling or dead cells))

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Learn about your different organs and body systems and what they do for you, then imagine what happens if they under-do, over-do or completely fail to carry out their functions. As for your immune cells? Well, they, interestingly enough, are just as incapacitated and unable to function properly in fluid retention in the tissue spaces as your tissue cells are once their sodium-potassium pumps shut off.

"As we have seen, phagocytes [white blood cells, etc.] diluted in fluid are unable to engulf fully encapsulated bacteria. The reason for this is now clear: white blood cells separated by appreciable amounts of fluid are deprived of sufficient contacts with one another and with tissue surfaces to carry out efficiently their function of destroying bacteria." ~ W. Barry Wood, Jr., Scientific American (1951), [White Blood Cells v. Bacteria](https://example.com/pdf), p. 52

Many of the above listed effects (*) have individually or in combination been proclaimed as root causes of or have at the very least been associated with most or all degenerative and infectious "disease." Knowledge of the blood proteins in turn gives us an awareness of the common denominator between all of the above, essentially revealing to us the "root cause of the root causes" or what happens FIRST before the rest unfolds. Put differently, what most professionals and laypeople are talking about today are after-effects of a deeper issue.

Then, finally, we just need to understand what we do to ourselves or that is being done to us—day after day—to cause the root cause, giving us at last:

**THE ROOT CAUSE**

A generational confluence of destructive lifestyles and toxic or incompatible environments, harmful technologies, laziness, poor mental attitudes, shock or
traumatic events, and improper dietary habits all of which (1) strike a discord with the dictating natural laws of health and (2) are primordially instigated as a result of dismissing or consigning to oblivion our true nature as spirit, disconnecting from our true selves, losing touch with earthly nature, and succumbing to a shrouding of our intuition through distractions and perceptual distortions of the chattering mind, misfortunately depriving us of conscious guidance and direction.

We experience as such not "disease" in the traditional sense per se. Rather, we experience more aptly, symptoms that have come to unfold in our multidimensional bodies (mental/emotional/physical/spiritual) as effects of the aforementioned disharmony and absence of homeostasis.

"The 'natural laws' of our world exist whether we choose to recognize them or not. These inherent rules of our universe were around long before human beings evolved a comprehension to recognize them and while we can debate as to exactly how accurate our interpretation of these laws really is at this stage of our intellectual evolution, there is enough reinforcing evidence to show that we are, indeed, bound by static forces that have an inherent, measurable, determining logic."~ TZM Lecture Team. The Zeitgeist Movement Defined[pdf], p. 14

**OF THE ROOT CAUSE**

Alteration of the perfect–health environment, the Dry/Vacuum State, through the physically manifested condition of trapped plasma proteins (TPP), excess fluid and excess sodium in the tissue spaces around the cells producing lack of oxygen and turning off the sodium-potassium pumps. In most cases we can call it slow internal drowning of the cells that in rare, more extreme scenarios occurs to a degree where so much water leaves the bloodstream that volume and positive
pressure is lost to the point of collapsing the blood vessels in which case our life imminently comes to an end.

Once the Dry State is altered, the stage has from here on been set for various symptoms to be produced and the name of the problem, the "disease" label, becomes of little relevance, because the process behind it is the same. It's merely a question of where in the body it happens, to what degree and how it ends up affecting that area and potentially the rest of the body as a domino effect.

"We shall see that this removal of proteins from the tissue spaces is an absolutely essential function, without which we would die probably within 24 hours." ~ Dr. Arthur C. Guyton, M.D., Textbook of Medical Physiology, 2nd ed., p. 64

OF THE PROCLAIMED ROOT CAUSES

Refer back to list above.

Remember: There are differing camps of thought and focus orientations regarding the cause(s) of dis-ease. They range anywhere from emphasis on distortions or "energy blockages" in our multiple subtle bodies manifesting eventually as symptoms in the physical body, to spiritual disorientation; biological conflict–shock ("Dirk Hamer Syndrome"); genetics; the net impact and pH values of foods; toxemia; parasitic, viral, and microbial afflictions or dysbiosys (imbalance); gastrointestinal woes ("all disease begins in the gut"); nutritional deficiencies; dehydration; oxygen deprivation (Blocked Oxidation[PDF]); electromagnetic fields, and the list could potentially go on and on.

This can appear overwhelming, but with time, experience, study, and beginning first with a solid foundational understanding to build upon, it becomes easier and more simple to navigate through, and you begin to realize that so much of it
falls ultimately directly within the parameter of the science of lymphology and the blood protein research.

**Assessment and Transition**

Should we choose out of volition to act on changing the course of our life's trajectory to bring forth balance and restored wellbeing, we can proceed next to learn of how to accomplish just that. On our own, without a solid and resonating foundation of which to build upon, this can become a cumbersome process due to the sheer volume and conflicting nature of information that is disseminated by thousands of "cutting-edge" professionals and laypeople alike and made available via the world wide web, courses and trainings, books, magazines, articles, seminars, lectures, expositions, and so forth. People are often simultaneously tainted by uncertainty as to whether they can successfully maneuver this journey on their own in which case it does become practical to reach out for help, clarification and ongoing cooperation.

We are to first step back and take a holistic assessment of our lives and overall condition to gage where we might need the most support. This could be in the form of dietary coaching or having a supportive network to be a part of and engage; it could be a realignment of our "spiritual posture," so to speak, or devoting generous attention to emotional and relational healing; it may well be something we need to let go of from our lives or something in our living environment that must be addressed so that we can move ahead. But, whatever it is, try first to reach clarity on these special needs and then have your eventual plan of action crafted in accordance. Unresolved emotional and psychological traumas, shock, stress, fear, anger, hatred, grief, harboring jealousy, resentment, holding grudges, and worry can have such burdensome impact on persons that once these are satisfactorily resolved, rapid progress starts to occur soon after and often not any time before. We should never underestimate the powerful influences that rocky mental and emotional states can have on our being.
When coming from a background of nutritionally poor, overly-processed diets and having relied on chemical-based personal care products, detergents, or otherwise been routinely exposed to toxic substances for years on end, we are wise to transition ourselves away from these "foods" and chemical products, as well as do our best to limit any external exposures.

While diet change in most cases should be a progressive transition, the disuse, disposal and replacement of disagreeable products should take place rather immediately.

Progressive transitioning is important because (1) there is a limit to what the body can process and handle at any one given time—without capillary-dilating stress being created—once the enhanced and amplified tissue-depuration and detoxification process begins. If pushed too aggressively, the resulting effects can be counterproductive to your success, not to mention you'll often make yourself feel miserable for no reason. Also, we can (2) avoid a degree of stress generated by attempts at very strict adherence to the sudden diet changes made. Otherwise for a great many this leads to little else beyond cycles of unnecessary frustration and routinely "falling off the wagon" until a time may arrive where you just feel like quitting and end up doing so. As a species we are generations deep into this mess of ours, so we cannot circumvent that this will be a lengthy, generational walk "back to home" that cannot be rushed.

**Unlocking Trapped Plasma Proteins**

Before tissue healing can take place, we are to restore the optimal conditions that will allow the sodium-potassium pumps to turn back on again to generate electricity, reestablish electric fields and bring dissolved nutrients into the cells. In other words, reversing the environment back to the Dry State, which occurs only once the trapped proteins, excess water and excess sodium has been successfully removed by the lymphatic system. Any toxic matter or harmful
influences must be addressed and, if possible, neutralized and removed along the way as to avoid having the problem slowly reproduced.

**Most important of all, we must commit to cease creating "TPP" in the first place.**

What we call inflammation is not to be construed as inherently "bad," since it happens to be part of the body's natural healing response following injury, serving also as a protective mechanism. Some of the typical symptoms (fluid retention, redness, pain, etc.) can with a little bit of know-how either be naturally prevented from occurring or reduced and reversed fairly quickly if it is addressed immediately after an injury has manifested. The problem, however, arises when the inflammatory response is repeatedly set in motion—because we're continually doing, ingesting or otherwise being affected by things that bear harmful effects on our tissues—before the damage has even had a chance to fully heal the first time around. We end up trapping plasma proteins and giving the lymphatic system a hard time pulling out the excess water and sodium creating classical lack of oxygen, nutrient deprivation and an upset mineral balance.

One example of inflammation's protective nature is evident with for example bee stings. When stung, bee venom is introduced into the local tissues. Substances in the venom dilate blood capillary pores. Then, as mentioned, proteins, water and sodium exit creating a stagnant lake. This will keep the venom localized and prevented from rapidly circulating our system, but, ultimately, damage cannot be reversed before the mess has been cleared and removed. So, two things can happen in this scenario. a) we let the lymphatic system slowly take care of it*, or b) we aid the body by taking advantage of some of nature's finest tools for drawing out substances from our tissues (e.g. plantain herb**, turmeric***, ginger***, bentonite clay***, activated charcoal***, and raw white potato slices).

*Try not to speed up localized circulation, especially if you have options to draw venom back out through the skin.

**Standard poultice preparation. Mash the fresh leaves into a paste which can be
Typical poultice preparation: Use powdered ingredient(s) mixed with water to create a paste for application.

Clustered and locked proteins can be broken apart and dismantled foremost with energy stemming from various plant-foods, herbs and other natural products and remedies, as well as healing techniques, therapies and devices operating on electrical principles. This energy at the same time boosts lymphatic circulation in all tissue that is permeated by the energy.

To efficiently retrieve and remove waste material and blood proteins, it is our lifelong obligation to keep our lymphatic systems circulating dynamically. Shallow breathing, physical inactivity and pasteurized bovine dairy products are absolute principal impediments to lymphatic circulation; the “worst offenders,” if you will.

There are many, many ways to enhance lymphatic circulation including:

- Deep breathing (yawning included);
- Bouncing (such as proper rebounding on a quality trampoline; alternatively a yoga ball or the edge of one’s bed);
- Muscular movement (minimal effect);
- Tissue-manipulating techniques (massage; neurolymphatic reflex massage; stroking; compression of tissue; stretching; percussion; vibratory techniques; contraction and relaxation; suction cupping; etc.);
- Energy (raw plant foods, herbs, homeopathic remedies, light/color therapy, gemstone essences, negative electromagnetic polarity, healing with the subtle bioelectric energy generated by our cells, magnifying the thought-waves to mentally direct energy where needed, electricity generated from a light-fast-stroking technique or skin brushing, applied or implanted electrodes, polarity therapy, reiki, reflexology, tai chi, acupuncture needles,
and any other healing modality or product/device/machine that deals with energy)

At times we may need to employ special tools or modalities to support our healing endeavors. For instance, toxic heavy metals in our tissues can be a challenge to eliminate without using foods, supplements and/or therapies geared specifically toward or that are otherwise effective for the progressive removal of such substances.

To accelerate recovery from states of debilitating neurological impairment or physical injury greatly affecting muscle actions and motor skills, we are more than likely to require the likes of physiotherapy, tissue conditioning and prehabilitation programs.

Another example is intestinal obstructions that can require some decent work to clear up with the use of, say, intestinal herbs, colon hydrotherapy or enemas—in addition to a proper diet.

A fourth and very common concern is the burden of parasitic worms. Albeit parasites can be evicted from the body in due time without a need to undergo tailored or otherwise effective parasite cleanses, we can use specific herbs (and relevant medications if an urgent situation demands) to speed up the process following confirmation of the presence and type of worm(s) in question.

As a final mention. Certain pharmaceuticals, emergency medicine and surgical intervention can prove highly invaluable at times of acute, uncircumventable need.

We each do whatever needs to be done to surmount the obstacles unique to our circumstances, so that we can ascend into and enjoy greater a quality of life, one devoid of pain, loss of energy, dis-ease, and a trajectory toward premature death.
**Sufficient Answers Already Exist**

We may realize that conventional health care still has ahead of it decades of catching up to do in just about every aspect of health creation. An interesting observation was made in 1948 by whom was considered the father of lymphology in the United States, Dr. Hymen S. Mayerson (1900–1985). He recognized that “Teachers and writers of textbooks continued to maintain that ‘healthy’ blood capillaries did not leak protein. It was in an effort to clarify this point that I undertook an investigation of lymph and the lymphatics some 15 years ago,” before he eventually demonstrated beyond a shadow of a doubt that proteins do in fact exit the bloodstream. Mayerson published his laboratory findings in 1963, the American Medical Association (AMA) documented this research in 1964 (Your Other Circulatory System), and two years later, their publication vanished never to be heard of again. An irremediable calamity to industry has been effectively avoided ever since this and relating research was dismissed and ignored. Presumably once two and two were put together and it was made clear what serious economic, occupational and industrial implications the large-scale adoption and application of this research through the course of time would have for health care systems and pharmaceutical companies in every nation on earth, it apparently made most sense, was easy enough, and much more lucrative (notably in the U.S.) to preserve things as they were, to the unfortunate detriment of the general public.

The AMA then stated in 1989 ([Home Medical Encyclopedia, p. 182](#)) that, "Another type of protein is albumin. The large size of the protein molecules prevents them from escaping from the blood into the tissues."

Now, that statement was published in 1989. So, with two-and-a-half decades for all parties to contemplate their decision and concerns, things could certainly have struck an opportunity to change again since, right? Well, note what Mayerson said about writers of textbooks, because here's a popular medical pharmacology textbook ([Lehne's Pharmacology for Nursing Care](#), 9th ed., p. 34),
updated this year, which states, "Of all the proteins with which drugs can bind, plasma albumin is the most important, being the most abundant protein in plasma. Like other proteins, albumin is a large molecule, having a molecular weight of 69,000 daltons. Because of its size, albumin always remains in the bloodstream. Albumin [the SMALLEST of the proteins] is too large to squeeze through pores in the capillary wall, and no transport system exists by which it might leave." This is but one of many 21st century textbooks that carry the same message. Dr. Guyton's Textbook of Medical Physiology remained for a long time the only medical textbook stating the truth about the blood proteins, before finally others would emulate. Another textbook (An Introduction to Medicinal Chemistry, 5th ed., p. 156) from 2013 states: "Having said that, some drugs bind to plasma proteins in the blood. As the plasma proteins cannot leave the capillaries, the proportion of drug bound to these proteins is also confined to the capillaries and cannot reach its target."

From above we learn also that certain drugs bind with proteins that apparently aren't supposed to be able to leave the bloodstream into the tissue spaces, get trapped and accumulate there. Would it be far-fetched to suggest that this could explain at least partially why certain chemical medications can have such dire and mortality-producing effects on the human organism? If so is the case, it is indeed very convenient to remain of the conviction that blood proteins stay in the blood; end of story. And for as long as this widespread ignorance is perpetuated and acted in accordance with, there will be no further major advancements of any sort as to the profession's understanding of the cause, prevention and rectification of "disease." (Inflammation will be the closest amalgamation they can arrive at without embracing this research.) Concerning cause, the same, at this point, holds true also for the natural healing arts and holistic health professions, albeit these modalities have commendably always been much ahead in their understanding of how to restore the bodies of man and animal back to good shape. As for elements of broad confusion, ambiguity, informational conflict and complete absence of a unified common ground as to
what initiates and drives our ills, look no further than the "alternative" fields, for this is just what happens when everyone has been kept in the dark while trying to figure out a puzzle with which key pieces have been deliberately removed. You end up getting about as many different answers and conclusions as there are modalities, while being deprived of the exact scientific foundation and orientation that would bridge the gaps between all parties involved, as well as unify and enhance each natural healing art. The evidence-based alternative medicine paradigm is in no manner exempt from the paralyzing nature of these obscured truths.

As we super-patiently await this burst of enlightenment to transpire within and across all earthly artificial borders, and until the medical Dark Age has been transcended, the lymphatic system deservedly embraced, and the research concerning and related to our blood proteins acknowledged worldwide, it is our civic duty to learn the ins and outs of personal care for ourselves and loved ones if we wish to achieve and sustain a reality worth living; in fact imperative to our perseverance as a species.

If we can at least learn how to keep ourselves from prematurely falling apart, we will be afforded additional capacity to figure out how we keep our only home at present, planet earth, from being levelled to ruins from our out-of-control, universally destructive, and unsustainable actions. For current trends indicate that humanity will require an additional 27 planet earths for our satisfactory sustenance by 2050.[PDF] Yet, we have only one, which presents a rather colossal quandary in comparison to our then seemingly miniscule, emerging modern western world health crisis. Humanity has in collective pockets set itself up for trouble in so many ways unimaginable, but in the humorous words of George Carlin’s daughter, Kelly Carlin (during an ‘Waking from the American Dream’ interview podcast), "Humans are trying to work this s**t out, we are, we’re a ‘work-this-s**t-out’ species. If anything else we’re trying to work this s**t out, people, we really, really are. Oh my god, it’s so overwhelming sometimes I just
literally want to go build a treehouse." If she's right, perhaps we'll surmount these challenges eventually and egress on the other side with a fresh opportunity to do things "right" for the greater good of all.

Between 1981 and 1995, Dr. C. Samuel West, D.N., N.D. (1932-2004) had been invited to give a total of 5 well-received presentations—based on the blood protein research—to committee members of the International Society of Lymphology (I.S.L.) of which he was accepted into as the first non-medical member in 1980; an organization founded by Mayerson in 1966 as a result of a U.S. government initiative and that is comprised of some of the world’s top medical lymphologists, research scientists and surgeons; the foremost leading experts on the lymphatic system. This is the first organization to have championed the blood protein research. Dr. West's 31-step scientific equation, the "One Basic Formula for life and death at the cell level," was put to the acid test during his first presentation in 1981, and the equation was accepted without debate which was far from typical, as any erroneous/conflicting data, or slightest disagreements, are debated fiercely. He was awarded a certificate for this and each subsequent presentation. Due to the I.S.L.'s publication restrictions inhibiting their findings and research from reaching medical journals and educational institutions, and thereby also the general public, prominent figures of the I.S.L. encouraged Dr. West to start the International Academy of Lymphology to teach and get this research to the world in a language that laypeople can understand.

"All five of the certificates that Dr. West has received from presentations that he gave at the I.S.L. congresses provide credibility which is unprecedented for alternative medicine and especially for this new science of Lymphology. The AMA and drug companies are saying they don't know the cause of any disease, while we're saying we know the cause of EVERY disease, and with the medical documentation that we have given you, you can now see why we can guarantee that the research we're teaching is the
absolute truth."—Prof. Karl J. West, from the presentation, 'Keep Your Body Free from Pain & Disease from Birth until You Die'

"Some of you guys were thrown into the darkness, because you are strong, you can produce the light and you can give the light out, so don’t feel alone, change it around and realize that God put you there to be the light-bearer, to be the light giver. So become the light, become conscious, become consciousness."

~ Robert Morse, N.D.