

THE GERM THEORY OF DISEASE (MEDICINE) RE-ANALYZED

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INTRODUCTION

We have come a long way in understanding how the body functions in health and disease. This has resulted in the development of more sophisticated testing and the engineering of many potent drugs. Modern medicine can scan the human body down to a cellular level, but for all this progress we still have not solved the problem of disease in our world. We are adept at naming diseases but are failing miserably to identify the cause or causes and thereby preventing them from ever happening.

Currently, nutritional supplement manufacturers are stuck in a situation not unlike what Galileo found himself in with the Roman Catholic Church when he concluded that the earth was not the center of the universe. At the time there was a strong vested interest in keeping the status quo by the group in power-the Catholic Church. The church officials felt such a radical change in thinking would in some way diminish the power they held over the populace at large. While correct, Galileo was forced to recant his theory and imprisoned.

Today in medicine, we see a similar scenario. This time the adversaries to enlightened thinking are the triad of the American Medical Association, the Pharmaceutical Industry, and the FDA, all working together to maintain a power and income monopoly at the expense of the American public. For the last 100+ years, the pharmaceutical, chemical, and medical institutions of this country have developed and refined a model of health and the treatment of disease based primarily on the work and experimentation of Dr. Louis Pasteur and his “Germ Theory of Disease”. The foundation of Dr. Pasteur’s theory of disease is focused on microorganisms as the sole cause of all disease. These microorganisms include bacteria, viruses, fungi, yeasts, and protozoa. Today the income and power controlled by these 3 organizations would be severely diminished if this theoretical basis of disease were challenged.

When Pasteur first proposed his theory, as is the case with most new theories, it generated much controversy. Specifically, the germ theory contradicted the spontaneous generation theory. However, his germ theory

did prevail and has subsequently evolved into the cornerstone of modern medical thought and practice. From this theory came the development and use of antibiotics and vaccines, as well as a cornucopia of other drugs designed to mask symptoms or block normal bodily functions, all of which are over used and abused in this country. Today, the use and misuse of these drugs kill over 300,000 Americans annually, all in the name of curing a disease.

I would like to present an alternative view to the germ theory from a broad nutritional perspective. The objective is to stimulate thought and arrive at an understanding of what actually controls and maintains one's state of health and fosters the lack of dis-ease in the body.

THE EVOLUTION OF THOUGHT ON HOW ILLNESS IS MANIFESTED

Since the dawn of mankind, we as an evolving species, periodically capable of rational thought, have worked through several theories on the cause of disease.

RELIGIOUS BELIEFS

One of the first concepts to be proposed was “the wrath of god or the gods” theory. This existed much earlier than the development of religion and the concept of a supreme being. In this theory one became diseased or ill because they had displeased the god or gods in power at the time. Because it was believed the gods controlled every aspect of life it was only logical that health would fall under their control as well. Many ill people spent countless hours, days, and months trying to figure out what they may have done and which god they displeased so they could make amends. This thought process evolved into the concept of evil spirits (the opposite of the gods) as being the carrier or cause of all sorts of diseases. Evil spirits as a cause of disease is still an active concept in many primitive societies around the globe as is the wrath of god concept in some evangelical circles. **As I recall, the late Reverend Jerry Falwell referenced the wrath of god as the cause of some of our country's recent geopolitical problems.** This doesn't say much for our current state of development and enlightenment.

KARMA

Karma is another theory that is still proposed in some societies. With this theory, one's state of health and well being, and level of success in life are all pre-ordained by what one did in their prior life or lives. If one was responsible for the illness of others in this life or a prior life, or needed the life experience of disease they would experience disease in their current lifetime. While most have discounted this theory, there are many people who embrace it as a cause of most if not all disease states. Interestingly, another concept of karma is that "You reap what you sow" or that it is the law of "cause and effect". Perhaps a karmic view of health does not need to carry over from one's past life but that one will reap what one sow's in this lifetime. If you abuse your body intentionally or unknowingly, you will create the "karmic" negative affect. Disease can most certainly be shown to be the result of such abuses. It is absolutely imperative of each one of us to become informed and aware of what is and isn't bodily abuse. Some abuses are evident while others are not. Such abuses can be physical, emotional or dietary. This review will focus on the dietary aspects of abuse. (en.wikipedia.org/wiki/Karma)

SPONTANEOUS GENERATION

Spontaneous generation is a disease theory espoused for at least 2000 years that was finally disproved at the turn of the 20th century with the postulation of the germ theory of disease by Dr. Louis Pasteur. In spontaneous generation, disease-causing organisms spontaneously appeared in certain areas. (en.wikipedia.org/wiki/spontaneous_generation). These areas could be remote or urban. The originating circumstances were usually environmental rather than biological. An example was the theory of the origin of malaria and yellow fever. These diseases were originally thought to spontaneously generate from swampy areas as those living near still water in warm humid climates were much more inclined to contact the disease than those living in dryer and cooler areas. All a person had to do was breath in the air in these areas and they would become ill. It was not until the persistent research of Dr. Walter Reed at the beginning of the 1900's that the cause of yellow fever was isolated to a protozoa carried by the mosquito. In effect, the disease-causing organism was painlessly injected into our bloodstream by the ubiquitous mosquito. (en.wikipedia.org/wiki/Walter

Reed) This discovery supported Louis Pasteur's germ theory of disease and yet science has not been successful in creating any kind of cure for this debilitating disease. There is a vaccine for yellow fever but still none for malaria. Of those who contact yellow fever approximately 10% die. Why doesn't everyone?

An interesting development has been receiving attention lately regarding malaria. It seems as though a mining engineer has discovered a simple cure for malaria. The compound used is chlorine dioxide, a simple molecule of chloride and oxygen. A weaker solution is sold today as a water oxygenator. According to discoverer Jim Humble, when taken correctly, chlorine dioxide appears to be almost 100% successful at curing this devastating disease. (Breakthrough, The Miracle Mineral Supplement of the 21st. Century, by Jim Humble, 2006). This discovery supports the organism terrain and nutrition theory to be discussed later wherein if the body is replete in the necessary minerals, it can effectively control any invading pathogen.

GERM THEORY

For the last 100+ years a sizeable portion of the planet's population has been functioning medically under Dr. Louis Pasteur's germ theory of disease. His discoveries effectively disproved the theory of spontaneous generation, which led to incredible advances in medicine. **Dr. Pasteur's discoveries postulated and partially proved that bacteria, viruses, and protozoa caused disease and illness.** With this knowledge many devastating diseases could now be understood and cured with vaccines and antibiotics developed following the logic of the germ theory. All that had to be done was to identify the germ and then kill it. Pasteur's theory was the foundation of numerous changes in common medical practices of the day. Such practices included the pasteurization of dairy products, antiseptics, sterile operating theaters, and eventually man made vaccines. Interestingly, vaccination using disease secretions had been used for hundreds of years prior to the revelations made by Pasteur. (en.wikipedia.org/wiki/Vaccinations)

DECONSTRUCTING THE GERM THEORY

For all of its positive attributes, the germ theory of disease is flawed. Over

the last 100 years, a myriad of diseases have proliferated that cannot be traced or attributed to any known germ or other pathogen. Additionally, another dichotomy has become evident that invalidates this theory. People exposed to and even testing positive as carrying a particular virus or bacteria many times do not express the known symptoms. A good example of this was the treatment of a woman in the early 1900's by the name of Mary Mullen, better known as Typhoid Mary. Health authorities in New York traced Mary's presence as a cook for numerous wealthy families to outbreaks of Typhoid resulting in the deaths of 4 people in these families. All the while, Mary never exhibited any signs of active infection of Typhoid Fever. For her "crime" she was imprisoned at the behest of New York medical authorities for many years. (ref) Interestingly, at the same time it became apparent to New York health authorities that most of the city was living in conditions that would be conservatively described as squalid by today's standards. The preconditions for the proliferation of infectious disease causing organisms were optimum. New York began an extensive clean up campaign that resulted in a precipitous fall in people contracting diseases of any kind including Typhoid. As we now know, naturally occurring virulent bacteria and viruses readily proliferate in unclean environments where they can thrive and multiply. It truly is no wonder this happens, as this is the roll of bacteria--to recycle waste. Even medical doctors of the time were debating the necessity of personal and environmental cleanliness during surgical procedures. They were still not washing their hands before performing surgical procedures. This practice resulted in far more deaths than Typhoid ever did. The reason Mary didn't get sick was she had an excellent immune system and more than likely a natural immunity to the Typhoid bacteria. The most logical reason she infected others was she most likely had marginal personal hygiene habits, which were normal and accepted at that time.

A question that comes to mind is why didn't everyone she had contact with become infected and experience typhoid? The answer must lie in the health of the individual and the status of the terrain of each person she exposed to the typhoid pathogen.

Today, we are faced with a similar situation with AIDS. Many people carry the HIV virus, which has been attributed to causing this disease, yet exhibit none of the symptoms of AIDS. The people who are susceptible must be so for some other reason than the virulence of the virus. Or, is it possible that there is really no real link between HIV and AIDS? While there surely

appears to be a link between the two, the inconsistencies have yet to be explained and reconciled. This is another obstacle to the validation of the germ theory of disease.

(see a discussion of Koch's postulate on p.10)

Germs, viruses, and opportunistic protozoa are everywhere on the planet. One of their primary functions is cleanup. They clean up dead organic matter, recycling it into minerals and water--its building blocks. This function also includes the elimination of weak and infirm organisms. This process extends across the entire spectrum of living organisms on the planet, from the smallest single celled bacteria, to the largest mammal. The only thing keeping them at bay is a healthy and strong internal environment, especially the immune system, a clean and balanced external environment, and the practice of good hygiene. In other words, it's the internal and external terrain of the organism—not the germ that determines the health of any organism!

GENETICS

Presently, science is working at a feverish pitch to identify and accurately categorize the human genome. Current medical thought is attempting to relate the cause of as many new diseases as possible to a faulty genetic structure. In other words, if a disease cannot be associated with a bacteria, virus, or protozoa, then it must be because of a weak gene. This is effectively saying that it wouldn't matter what the affected person may have done or been exposed to. They were predestined to get whatever disease they got because they were genetically weak either from the genes of their parents or the hands of fate. (Could this be Karma?) What's curious about this theory is that more and more people are becoming genetically weak with no apparent reason to describe why. Doctors now commonly use genetic weaknesses as the new catchall reason for symptoms which cannot be tagged to a particular bacteria, virus, or protozoa. Having personally been told some of the symptoms I had were a result of my weak genes, only to see them miraculously disappear upon supplementing with the right mineral, I have become quite suspicious of such grand statements of cause especially since there is usually little or no scientific evidence, let alone good logic, to back up such statements. In fact, the weak gene theory falls into the same trap as the germ theory. A person who tests positive for a theoretical faulty

gene may never express the disease associated with it. **Weak genes are not the cause of a disease but rather the designator of where or how a disease may manifest itself when the environment or terrain becomes compromised usually due to mineral imbalances or toxic overload.**

AUTO-IMMUNITY

In this illness paradigm your own body's cells are recognized by your immune system as foreign invaders and are attacked as if they were toxic bacteria. This theory is being used to explain many diseases we currently can't associate with any known infectious organisms. In autoimmunity, your body's immune system goes into overdrive and begins producing antibodies to protect it from cells, enzymes and other compounds and tissues it naturally produces. The proof of this theory is via the identification of specific antibodies in the blood, which have been created by the immune system and are acting as specific antagonists to natural enzymes, tissues, and other essential molecules created by the cells of the organ affected. Autoimmunity is now being called the major cause of today's chronic diseases.

Some of the specific diseases now included in this category are:

1. Celiac disease (wheat gluten intolerance)
2. Rheumatoid arthritis (inflammation)
3. Sjogren's syndrome (dry eyes and mouth ++)
4. Multiple sclerosis
5. Psoriasis
6. Alopecia (hair loss)
7. Chronic Fatigue
8. Lupus (fatigue, joint pain, fever, rashes ++)
9. Herpes
10. Lyme disease
11. Crones disease
12. Hashimoto's
13. Graves
14. Scleroderma

What has gone wrong within the organ or cells of the organ that might stimulate an immune response? Medical science has not been able to identify a pathogenic cause for any of these autoimmune illnesses. The common thought today is that auto-immunity is a genetic problem. It is my belief that these autoimmune disorders are nutrient deficiency symptoms, not genetic malfunctions. This concept will be expanded on later.

BLOOD PROTEIN THEORY

A new theory that has been proposed by C Samuel West, D.N., N.D. is the “stuck blood protein hypothesis”. In this theory, the sodium/potassium balance between the inside and outside of the cell is thrown out of balance by the excessive accumulation of naturally occurring blood proteins that leach out of the capillaries of the circulatory system and are normally picked up and re-circulated via the lymph system. Stress, trauma, a bad diet, or a lack of exercise will stimulate the excessive accumulation of blood proteins, which then reduce energy fields to produce a clotting or congestion of normally flowing bodily fluids. This creates inflammation around the cells, which manifests as disease. The bottom line here is that the body has lost its ability to clear out blood proteins. This is caused by a compromised terrain and nutrient imbalance associated with poor diet, lifestyle, and lack of exercise. (The Golden Seven Plus One, by C. Samuel West, D.N.,N.D., 1981)

ORGANISM TERRAIN BALANCE AND NUTRITION THEORY

I believe there is another cause of disease. The degree of disease an organism suffers at any time is directly related to the quality and balance of its diet which includes water, air, protein, fats, carbohydrates, and minerals, external and environmental cleanliness including toxins, and the level of stress, both emotional and physical, impacting the organism.

On his deathbed, it is rumored that Louis Pasteur recanted his germ theory of disease and instead switched to a more encompassing theory that the health of an individual and the lack of disease is the direct result of a healthy internal terrain. In nature the germ can only proliferate in a compromised

biological system. If a system has adequate nutrition and a clean environment, it will function as it has evolved-living symbiotically with friendly bacteria, virus, fungi, and protozoa while destroying those that are harmful.

Proper terrain health is achieved through:

A clean external environment:

A clean external environment means clean air, water, food and living conditions that naturally limit the ability of pathogens to proliferate.

Good personal hygiene:

Good personal hygiene is self-explanatory but would include regular bathing and clean clothes.

Good nutrition:

Good nutrition includes access to a good balance of organic foods in as unrefined a state as possible. The more processed a food is, the fewer essential nutrients, especially minerals, the organism has access to. Most people today are getting so few nutrients in the foods available to them it is almost criminal. Processed foods also deliver unnatural additives, the toxicity of which we are just now beginning to truly understand. Even when we eat well, including organic and raw, the availability of essential minerals is questionable because of the lack of minerals in the soil.

Controlled stress:

Stress, both emotional and physical, uses up nutrients, especially the minerals. When minerals are depleted and not replaced, an organism's cells cannot function properly. This leads to tissue and organ sub or non functioning, commonly called disease. I call it a state of dis-ease.

Adequate exercise:

Adequate exercise keeps muscle and collagen tone strong and the lymph system moving, cleansing the body of naturally produced and unnaturally ingested toxins.

A good mental attitude:

A positive mental attitude keeps one focused on the end goal of optimal health and service to others.

THE TERRAIN THEORY OF DISEASE:

When a biological entity is well nourished and existing in a clean environment, it is well suited to deal with bacteria, viruses, fungi, microbes, and other pathogens that are naturally occurring in the environment, without experiencing the deleterious effects of their presence. When nutrient imbalances occur, disease is inevitable.

THE FLAW IN THE GERM THEORY: "KOCH'S POSTULATES"

Koch's postulates are the following:

1. The microorganism must be found in abundance in all organisms suffering from the disease, but should not be found in healthy organisms.
2. The microorganism must be isolated from a diseased organism and grown in pure **culture**.
3. The cultured microorganism should cause disease when introduced into a healthy organism.
4. The microorganism must be isolated from the inoculated, diseased experimental host and identified as being identical to the original specific causative agent.

Today, if we literally apply the germ theory of disease, we should be able to identify a living pathogen as the cause of every known disease. Additionally the presence of any identified pathogen should be manifest by known, predetermined symptoms. Also, the mere exposure to any known pathogen should always result in predictable symptoms. This is not the case and reflects the definition of a theory "a formulation of underlying principles of certain observed phenomena which has been verified to some degree". Western medicine has attempted to turn Pasteur's theory into a theorem, which is defined as "a law or principle, which can be reliably proved from accepted premises". The germ theory is just a theory in that it can only be applied in certain situations. Unfortunately, this theory has grown to the stature of a theorem in Western medicine whereby if a physician cannot relate a set of symptoms to a pathogen then they do not know where to turn to recommend treatment. The patient is either psychosomatic or a

hypochondriac and the doctor has no resources with which to treat their patient. Western medical doctors are effectively caught in a dogmatic box unwilling to or restrained from looking at other possibilities and logically evaluate the basis of their medical education-the Germ Theory of Disease.

The following is a list of common diseases and their associated pathogens. It is eye opening.

<u>Disease</u>	<u>Pathogen</u>	<u>Number of Americans with symptoms</u>
Cancer	None	11 million
Heart Disease	None	25 million
Diabetes I & II	None	24 million
Arthritis	None	46 million
Osteoporosis	None	12-40 million
G.I. Tract Problems	None	20 million
Ulcers	H-Pylori (perhaps)	4 million
ADD/ADHD/Autism	None	2 million
Depression	None	13-14 million
Glaucoma	None	3 million
Measles	Paramyxo virus	50-100
Mumps	Mumps virus	6600
Smallpox	Variola virus	0

Malaria	Plasmodium	~1500 annually
Tuberculosis	Mycobacterium Tuberculosis	2300
Obesity	None (refined sugar)	127 million
Polio	Poliovirus	1
Mononucleosis	Cytomegalovirus	140,000
AIDS	Human Immunodeficiency Virus	38,000
HIV infection	Human Immunodeficiency Virus	1.2 million
Mad Cow Disease	None	0
Flu, Cold	Numerous virus'	20-30 million
Hepatitis	Hepatitis virus	107,000
Multiple Sclerosis	None	250-350,000
ALS	None	30,000
Muscular Dystrophy	None	30,000
Chronic Fatigue	None	1.3 million
Cholera	Vibrio choleral	40
Lyme disease	Borrelia burgdorferi +	300,000
Typhoid fever	Salmonella enterica Serovar typhi	2450

While the above list is not a complete compilation of bodily symptoms of imbalance, you get an idea of how many diseases we have today that have no known pathogen as their cause. In fact, less than one percent of the population today suffers from what we would call a pathogenically caused disease if you exclude the flu and colds. The vast majority of suffering people today have been categorized with diseases with no identifiable cause and yet we as a society, for the most part, allow medical doctors who don't know why we are sick, to treat us anyway with drugs and antibiotics in the hopes something may work. Additionally, modern medical research continues to search for the germ they think is causing the disease and design and produce medications to kill the invader. When this is not possible, drugs are developed which by their very design do not address the underlying cause but mask the symptom. Almost invariably, these symptom-masking medications block basic bodily functions. It has become quite evident that the germ theory is really just that, a theory only partially explaining the cause of disease.

The most common diseases today are not caused by infection from known pathogens. In those cases where pathogens are identified and vaccines or antibodies developed to destroy them, the particular symptoms their proliferation manifest have been dramatically and usually successfully reduced or eliminated. This does not mean the conditions for their successful reproduction have gone away. It only means the body was given enough support, via the killing of the pathogen, to reestablish a normal internal balance. An important fact to remember is the only thing that can cure an organism of disease is the organism itself.

BACTERIA, VIRUSES, AND FUNGI ARE OMNIPRESENT

The omnipresence of bacteria, viruses, and fungi is an absolute fact of life. According to the theory of evolution, they were the first life forms on the planet. From these humble single celled life forms arose all other living things. They have outlived all other life forms and I expect will be around long after life as we know it has ceased to exist. They can exist in the most hostile environments we can imagine and can lie dormant for indefinite periods of time all the while waiting for the proper environmental conditions-warmth and moisture-to grow and multiply. When necessary, they can also mutate quickly to adapt to changing environmental conditions. Called pleomorphic, this ability is just now being understood. It is believed

that not only can viruses and bacteria change or mutate, they can also change form i.e. bacteria to virus and virus to bacteria.

One of their most important, if not primary, roles in nature is as the ultimate recycler or clean up mechanism. Upon the death of an organism, it is the lowly bacteria and fungi that deconstruct the more complex organism reducing it back into water and minerals.

We carry many of these organisms within our tissues and organs from birth until death. In a well functioning organism, which includes we humans, these organisms live in a symbiotic relationship providing essential services in order to keep their host “us” alive. One way to look at these organisms is that we have evolved from them in order to allow them to move about the earth within a protective shell. We are in effect a balance of these single celled organisms without which we could not exist. By count, there are trillions of these organisms dwelling primarily in our digestive tract, representing several pounds of living matter. They outnumber the total number of cells in our body by several orders of magnitude.(ref)

Bacteria can be found in every part of the human body from the skin to the digestive tract to all the cells of the body. The greatest aggregation of bacteria and fungi are found in our digestive tract, concentrated in the large intestine. Here they perform essential functions such as the breakdown of foods, making most of our vitamins. We know for a fact that these beneficial bacteria make the following vitamins: A, K, B1, B2, B3, BIOTIN, B5, B6, FOLATE, AND B12, as we use these same bacteria in a lab to produce these vitamins as supplements. These bacteria also regulate water levels in the intestine, break down cellulose, and destroy unfriendly organisms. They, along with our skin, form our first line of defense from undesirable pathogens that would look upon us as a desirable host or worse a meal. While they are not a part of any of our organs, they are just as essential for life as any of our organs. While we live they function to keep us healthy. When we die they help recycle us back to the earth.

Prior to the advent of penicillin in the 1930's and 40's infectious diseases such as cholera, typhoid, black plague, and tuberculosis caused most illnesses and resulting deaths. These diseases established themselves and grew rapidly in unsanitary conditions. Once basic conditions were improved including clean water, adequate and wholesome food, a clean environment, and good personal hygiene, these diseases faded away. The bacteria didn't disappear. They just don't have as many environments in which to proliferate. The chronic, non-infectious diseases slowly started increasing in type and quantity from the mid 1950's.

What had changed was the volume of refined sugar and white flour consumed, the increased use of antibiotics in our meat and medicine, the depletion of minerals from our soils, and the expanded use of toxic chemicals in industry, our food, and everyday life.

THE CONCEPT OF BALANCE

The success of any organism depends upon its ability to maintain a state of equilibrium: internally within itself and externally with all other living creatures, especially the unseen ones—the microorganisms.

The most important balances are:

1. Oxygen
2. Water
3. Minerals: acid/alkaline balance
4. Carbohydrates, fats, and protein
5. Microbial (bacteria, fungi, and viruses)

At birth, **if the mother is not malnourished or toxic**, the infant will be equipped with a good balance of all of the above except for the microbes. The initial inoculation of friendly beneficial bacteria is received in the birth canal. During the first few months of life a child's internal microbial balance is nurtured primarily from mother's milk if the infant receives breast milk from a healthy well-nourished mother. Human milk is rich in all the essential nutrients including friendly beneficial bacteria needed for growth and good health. Pregnancy and nursing puts a huge strain on the mother, as her tissue nutrient levels will be sacrificed for those of the infant. If the

mother is out of balance or deficient in essential nutrients, the infant will invariably also be deficient. Additionally, if an infant is not nursed but instead given formula, the delivery of these essential natural microbes is delayed, creating the potential for all sorts of health issues.

The primary goal of any organism is to maintain an optimal balance. Each different organism has evolved and prospered only when it can maintain these essential balances. When these balances are not maintained, the organism malfunctions, becomes ill, and eventually dies.

An organism can get out of balance in two ways. One, their nutrient intake is not adequate or well balanced, or they are put into a stressful situation. In either case, it is the mineral levels that are the most significant. When an imbalance of cellular mineral levels occurs, cellular malfunctioning of the organism occurs. The physical location of the malfunction is predicated on the genetics of the individual. Therefore, individuals can suffer from different diseases even though they may be experiencing the same mineral imbalances.

ORGANISM DEGRADATION-THE THEORY OF ENTROPY

The 2nd law of thermodynamics addresses the law of entropy. In this law “Every isolated system becomes disordered over time”. This is an outgrowth of an affect of the 1st thermodynamic law, which states that heat dissipates and that any body will eventually equalize to the surrounding temperature. This principle applies to all living and non-living things. For any living entity to remain living, it must ingest special compounds and elements, which will provide energy as heat, as well as materials for growth and repair.

ENTROPY IN ACTION

For humans, without regular ingestion of all essential components of life (air, water, protein, fat, carbohydrate, and minerals) a cascade of events happen:

1. Energy drops (low carbohydrates).
2. Enzymes can't be made in cells (low protein).
3. Enzymes can't be catalyzed in the cell (low minerals).

4. This leads to cellular malfunction, which leads to tissue, organ, and finally system breakdown.
5. At this point immune system failure becomes very apparent. Normal bodily processes easily accomplished can no longer be managed and sustained in equilibrium. One of two things happens, many times in unison. Pathogens, aka germs, establish a toxic foothold in the body, as they are able to bypass weakened defenses or two, organ failures become manifest without the presence of any pathogen.

In effect, entropy begins to outweigh growth and order, eventually leading to the disorganization and ultimately death of the organism. It is the tissue, organ, or system malfunction, which results in diseases that can't be attributed to a pathogenic cause. In effect, you have a sub-optimal organism coming under the effects of the law of entropy. Following Darwin's theory of natural selection, sub-optimal functioning organisms will become sick and die. Only those organisms that have adequate access to all the essential components of life in balanced amounts will survive and prosper. Interestingly, the only place where an organism has adequate access to all components in good balance is in the world's oceans and seas. Additionally, living in the oceans of planet earth allows no margin for weak or mal-nourished plants or animals. They are quickly recycled.

What we are witnessing today with the current state of disease is the laws of entropy, and natural selection in action. The lack of access to all of the elements of life in a clean natural state, free of toxic chemicals and metals results in dis-order within the organism, which leads to cellular, organ, and finally system breakdown and failure resulting in disease and finally death. Pathogens may or may not become identifiable at the later stages of this breakdown.

Symptomatically, the effects of human entropy are as varied as the words we have dreamt up to describe them. They include all the diseases that cannot be linked to a pathogen. They vary from person to person depending on the "genetic predisposition" of each individual. In other words, an individual's genetics will determine where tissue, organ, and system failure will occur. It isn't that you become dis-eased because you have weak genes, but rather that your weakest genetic link fails first. But this is not for the reason you

may be thinking...

HOW DO MINERALS WORK IN THE CELL?

It is important to understand the role of minerals in our body and since we have been talking about genetics, this is a good place to address this issue as both genes and minerals are integrally related.

Each cell in our body performs one or more functions automatically so that the entire organism can function optimally. Sub-optimal system functioning is a direct result of poorly functioning cells. In order to perform each designated function, every cell receives instructions from its DNA. Each instruction is a small section of the entire DNA strand. The instruction, in the form of nucleic acids is transported via the RNA into the cell cytoplasm and into an endoplasmic reticulum (ER). Here, the ER recruits a molecule known as a ribosome to go out into the cytoplasm and find specific amino acids. These amino acids, derived from the food you eat, are brought to the ER and are subsequently assembled into a predetermined protein that we define as an enzyme. These are not digestive enzymes but are enzymes with other roles and functions.

Each and every enzyme needs to be catalyzed or activated. This activation is accomplished by attaching a specific mineral or minerals to the enzyme. It is then and only then that the enzyme can perform its designated function. If the required mineral is absent, there are occasions where substitute minerals can be utilized. In this case, the enzyme will work, but quite sub optimally. Toxic heavy metals will sometimes compete with the right mineral for these enzymes, also creating sub optimal functioning. Vitamins are co-enzymes that supercharge and fully optimize the enzyme. The enzyme can work without the vitamin but not without the mineral. If the instruction gets scrambled via mutation, there are millions of other cells that are not.

If the body can't access the mineral it needs, the enzyme will not be catalyzed or activated and the cell will not be able to execute the particular function of the enzyme!

What normally happens in the body is that one becomes deficient in their

mineral availability rather than developing widespread cellular mutations all with the same instruction being mutated or missing. This is why it is so important to maintain adequate cellular mineral reserves at all times. Without them, you can't carry on all of the functions required to operate at your full potential.

FAMILY GENETICS VS. DIET

We know that genetic traits can be handed down a family tree from generation to generation. This does not mean that each family member with the same genes will contract the same diseases. A more relevant cause of familial diseases seemingly handed down from generation to generation is the way the family eats. Not only the kind of food they eat, but also the way they prepare their food. If you observe the eating habits of families, you begin to notice specific eating trends. Invariably, these eating habits and trends are naturally passed down from generation to generation. Dietary habits and cooking methods influence both the amount and quality of nutrients normally consumed by the family members. Specific imbalances or nutrient deficiencies tend to follow from generation to generation, impacting the same "inherited" weak genetic link resulting in the same type of disease. On the surface, a superficial analysis of generational disease trends would lead to the conclusion that the problem is genetic when in reality it is taught dietary practices. An aberrant gene may be identified in some cases but it is not the cause of the disease expressed but rather the inability of the gene to get its enzymes catalyzed due to a lack of specific proteins or minerals.

A major role of our DNA is to provide instruction to each cell regarding the type and number of enzymes to be manufactured. Certainly, there will be periodic genetic mutations where a gene is missing or where a modified gene exists. Such changes are usually quite subtle and don't impact the organism's ability to function. Far more significant today is the cell's lack of available minerals, vitamins, or proteins with which to make these enzymes.

Sustenance imbalances of any kind (air, water, or food) can create dis-ease. Stress can also create disease, even in the presence of an adequate supply of good air, water and food as it depletes the tissues of necessary minerals.

When any of these essential elements for life are not in balance, disease is the result. It can manifest itself in many ways:

1. Biological infections from bacteria, fungi, viruses, or other pathogens.
2. Cellular mutations such as tumors or cancers, which may in fact, be fungi.
3. Inflammation and,
4. Cellular, tissue, organ, and system degradation and finally malfunction.

Nutrient lack usually begins at the dinner table where eating habits are set at an early age.

CAUSES OF CELLULAR AND ORGAN DEGRADATION

The initial causes of most health problems come from outside the system but probably not like you imagine. It is not from germs and the other pathogens we are in contact with daily. Instead, it is the inability of the body to obtain what it needs from its environment to grow, thrive, and prevent entropy.

Air & Water

The two most essential components for life are pure air and water. We can live for only several minutes without air and several days without water. Air and water are also usually the main deliverers of pathogens. Both of these essential components should be as pure and natural as possible. We have a pretty good idea when our air is polluted and are familiar with its consequences. Living in big cities as many Americans do exposes us to highly polluted air most of the time. This air contains a staggering array of elements that can disrupt normal cellular function.

We also know that polluted water can quickly cause disease and death. This is why we chlorinate it. Chlorine is made from chloride that is $\frac{1}{2}$ of the molecule that makes up table salt--NaCl. Chlorine is a potent disinfectant and can kill virtually any living organism on contact. As a solution for removing pathogens from water it is very good. It is though, a double-edged sword, as its killing ability does not stop when it leaves the faucet. Consumption or excessive intake is damaging to human tissue. Chlorine should be removed from our water before we drink it. The technology exists

to do this and should be used by everyone. You can choose from pitcher filters, under sink filters or whole house filters. A note of caution: If you use a filtration system that removes all the minerals as well, such as a reverse osmosis system, you must take special care to replace them with a well balanced liquid multi-mineral supplement, as water devoid of minerals will act to deplete the body of its existing mineral stores. Water is a hydrating solution with a high affinity for ionic minerals. As it is filtered and excreted via the kidneys minerals flow with it. No minerals coming in with ingested water leaves the body with a net loss. Sea salt is a good complex mineral supplement to add to refined water to resupply the naturally excreted mineral nutrients.

Refined Diet

Unbeknownst to the average American, we eat an incredible array of refined foods. Normal white flour products deliver pure glucose comparable to white sugar to the body without a hint of fiber, minerals, vitamins, or other phytonutrients. Refined sugar is found in virtually every packaged food product on the store shelf. It is as devoid of nutrients as refined white flour. Modified fats, and other chemicals completely unnatural to the human digestive system are also added to processed foodstuffs to give them the flavor that was removed in the refining process and to aid in prolonging shelf life.

In the quest for longer shelf life and addictive qualities--sugar is more addictive than cocaine--the food processing industry has created foods heavily weighted towards refined carbohydrates and modified trans-fats spiced with chemical additives. These processed foods dramatically raise insulin levels, one of the most inflammatory hormones secreted in the body and don't provide any quality protein, fat, minerals or vitamins (except those few added back in after being removed). Sugar, white flour and refined packaged foods are the primary cause of our countries high level of obesity, diabetes, heart disease, and cancer. Refined foods are also effective in disrupting the bacterial balance of the digestive tract by stimulating fungal overgrowth, creating even more difficulty in digesting and absorbing essential nutrients and making vitamins.

All foods in their natural whole, raw unprocessed state contain a wide array of minerals as well as natural digestive enzymes. These enzymes are necessary for anyone eating the food to properly digest and absorb the nutrients contained in the food. Processing removes the enzymes, therefore not only can't these processed foods be completely digested, but this incomplete digestion process prevents the release of the bound up minerals, the building blocks of the body.

**A surprising side effect of eliminating sugar, white flour, and refined and processed foods from your diet is weight optimization. Within several months of not ingesting these foods you will normalize your weight while eating as much as you want!
You never need to be hungry.**

Toxins

With the advent of the industrial revolution, the ability of man to create toxic chemicals has grown exponentially. While we as a society now recognize the importance of good hygiene and cleanliness to promote health, we have become enmeshed in a sea of toxic chemicals and other compounds all developed and used to theoretically enhance the quality of our lives. Is this in fact the case though? Let's take a look at some of the most pervasive and dangerous of these modern substances.

Pesticides, herbicides, and fungicides:

Food is our sole delivery mechanism for nutrients. Unfortunately, today it is also a primary delivery system for a vast array of toxins. Foodstuffs grown on today's corporate farm are routinely sprayed with a wide variety of pesticides, herbicides, and fungicides. These poisons are absorbed on contact by the fruits and vegetables they settle on and are also absorbed by the plant's leaves and root system as they are washed into the soil in which the plant is growing. One of the primary reasons why such extensive spraying is now required is that modern farming techniques do not include crop rotation and soil remineralization. George Washington was a successful farmer for much of his adult life, even during the Revolutionary

War and while holding the office of President of the United States. He recognized the importance of crop rotation and soil amending to create maximum yields of nutrient rich produce and fruit with minimal loss to the resident insect population and commented on the fact that most farmers of his day ignored this concept. Nutrient rich soil can only be maintained by crop rotation and remineralization. It also creates an environment where detrimental fungi, mold, and insects cannot proliferate and overrun the growing plants. Plants grown in such conditions are naturally strong enough to synergistically co-exist with these other living organisms without being overcome by them. As I have already addressed, these crop destroyers are naturally occurring with a primary purpose of culling out weak and old plants and animals and recycling all organic matter back to the earth.

Crop rotation replenishes the soil with essential nutrients, especially minerals and beneficial bacteria that will be required for the next crop. Different crops have different mineral needs. The minerals a plant has access to are only available from the soil in which they are grown. Once the soil's stores of the specific set of minerals required by the plant begin to be depleted by repetitive growing of the same crop, the plant yield per acre starts to decline. Adding phosphorus, potassium, and nitrogen will allow the plant to grow, but it has no access to essential trace minerals absolutely necessary for its health and the health of anything eating it. The unhealthy plant, while looking nutritious and robust has no natural ability to fend off and/or co-exist with normally occurring molds, fungi, and insects. This vulnerability to these recyclers of nature has prompted the need for herbicides, fungicides, and insecticides in order to keep the mineral depleted crops alive. The primary reason these pests can proliferate is that the plant no longer has the ability to resist their normal function as a recycler. In a normal state, the plant would remain healthy until it went to seed and died, wherein entropy sets in and the molds, fungi, and insects do their job. Plants grown using present industrial farming practices have many deficiencies and drawbacks. First, the plants no longer deliver the array and quantity of essential minerals they did when grown in mineral rich soil. Second, the lack of essential minerals in the plant's growing season impedes its ability to manufacture important phytonutrients, vitamins, protein and fats. Third, these foods become unwitting delivery mechanisms to humans for all sorts

of chemicals we humans have invented to kill the fungi, bacteria, and insects we have symbiotically evolved with over the last several million years. In killing these organisms, we are killing ourselves. Creating imbalances in our natural gut flora and tissue mineral levels creates cellular imbalances, which leads to disease. Mineral deficiencies and imbalances further impair the body's ability to detoxify the poisons delivered by these plants. These treated foods are consequently dramatically changed for the worse when raised using this approach. This lack of essential nutrients and payload of toxic compounds designed to kill small organisms, carries over to the ultimate consumer of the plant, be it man or beast.

We do the same thing to the animals we raise to eat. We remove them from their natural free range environment and cage them into small areas, feeding them foods they would never eat naturally in order to fatten them up quickly and make their flesh more tender. When in these confined environments and being fed unnatural foods, the animal's systems become imbalanced resulting in illness and disease. To combat this, they are given copious amounts of antibiotics both to keep them from dying and also to accelerate weight gain. Unfortunately, when humans eat antibiotic laden meat, it is like getting an antibiotic shot, it slowly disrupts our own gut flora that we must constantly work to maintain in good health. Compromised intestinal flora will lead to a fungal/bacteria imbalance which is incredibly significant to overall health.

Heavy Metals

Once a rarity, heavy metals in dangerous concentrations have become commonplace in our food and environment, primarily as a result of the world's rapid move into the age of industrialization over the last several hundred years. Actually, lead was probably the first heavy metal to wreak its havoc on man when Rome plumbed its water supply using lead pipes. One theory as to the fall of the Roman Empire is that large numbers of Rome's citizens were mentally and physically impaired as a result of lead poisoning from its water supply.

Today, heavy metals can be found in the air we breathe, the water we drink, the food we eat, and the vaccines we use to protect us from viruses and

bacteria. A common preservative used in vaccines today is Thimerisol, which has mercury as a primary constituent. When used in this form, mercury is injected directly into our tissue, bypassing our normal defensive and detoxifying mechanisms.

Unknown to most people, the most pervasive and widespread heavy metal today is not lead as some government organizations would have you believe, but mercury. While mercury can now be found in our air, food (especially seafood), and water, contrary to commonly published information, these are usually not the most ready sources of toxic levels of mercury. Except in rare instances, it is not the mercury levels in fish that are causing our toxic overloads. Rather, it is the mercury legally put into people's mouths in the form of silver fillings, known to dentists as amalgams. The World Health Organization in 1991 determined that dental amalgam was the greatest source of mercury contamination to the general public. This is in contrast to a recent statement from the U.S. FDA that mercury in amalgams is perfectly safe. (internet search: FDA Opinion on the safety of dental amalgams) Today, a majority of the population of America and probably most industrialized countries has "silver fillings" in their mouths. Also known as "amalgam fillings", these ubiquitous tooth repairs are slightly more than 50% mercury. You will note that they are not called mercury fillings. If they did, few people would agree to let them be put into their mouth. Yes, the second deadliest element known to man after plutonium is used in large amounts to repair decayed teeth. This deadly neurotoxin and enzyme disruptor, once placed in one's tooth, slowly leeches into the blood stream and cells of the majority of our citizens due to a chemical process known as electrolysis. As the mercury ions are released into one's saliva, the body's defense mechanisms will quickly shuttle them out of the blood stream into the cells and tissues of the body. This is to reduce the immediate toxic impact of this element. Once stored within a cell, Mercury will aggressively compete for mineral receptor sites of cellular enzymes creating severe cellular malfunction. Because cellular malfunctioning will manifest in different ways depending on the genetic strengths and weaknesses of each individual, dis-eases wrought by toxic levels of mercury are very diverse. As a result, medical professionals have great difficulty in establishing mercury toxicity as a root cause of any particular disease. Most often, medical researchers don't look beyond the failing organ or system and ask the question why? Instead, if a symptom

can't be attributed to some kind of pathogen then the problem must be some kind of genetic weakness, an autoimmune disease, or in the case where they haven't the faintest clue, idiopathic, defined as: **relating to or denoting any disease or condition that arises spontaneously or for which the cause is unknown.** This sounds a lot like the old Spontaneous Generation Theory. Frequently, the recommended solution is surgical removal of the affected organ, as western medical doctors are well trained in surgical procedures. This is instead of searching for the probable cause of the organ failure.

Mercury and Cancer

I believe that given the lack of understanding of the cause of cancer by western medical authorities, it should be called idiopathic, or in other words, there is no known pathogenic cause for this disease. Today, current accepted treatment is to try to kill the mutating cells as if they were some form of foreign bacteria rather than our own cells gone awry. This is normally accomplished by surgical removal, radiation (literally micro waving the mutating cells) which is also determined to be a cause of cancer, and chemotherapy, a form of cellular poisoning that completely disrupts one's immune system. It is my understanding that chemotherapeutic drugs are actually just a soup of numerous antibiotics. Researchers, for whatever reason, have not looked at heavy metal toxicity and how it may disrupt normal cellular function in a way that could create cellular and consequently, organ malfunction. Few in mainstream science have looked at or tried to establish the correlation between the presence of mercury fillings and cancer and yet the cellular effects of mercury poisoning are quite well known. New research has shown that mercury can disrupt normal cellular death processes and immune function. Cancer has been related to abnormal functioning of normal cellular turnover. If cells normally programmed to die did not, what would be the result?

Fungus and Cancer

I believe there is another more direct link between sugar consumption, mercury, and fungal overgrowth. A recent book written by Italian

oncologist Dr. Tullio Simoncini entitled “Cancer is a Fungus” identifies the cause of cancer as a fungal overgrowth. His reasoning is compelling and his success in treating it as such speaks for itself. You can go online and read numerous articles, watch videos, and buy his book, which has recently been published.

When mercury amalgam fillings are present in one’s mouth, a steady supply of this deadly and disruptive element is supplied to all bodily tissues. The body uses up its readily available stores of iodine, selenium, zinc, sulfur, silica, and other essential elements in an attempt to remove the mercury. With a steady supply of toxic mercury and unreliable supplies of these essential minerals, substantial and detrimental imbalances are inevitable. Imbalances and deficiencies in these essential elements will result in a diverse set of health problems. Additionally, mercury and fungus coexist in a mutually beneficial way.

An important reason why these imbalances are not currently identified or recognized is:

- 1). The medical profession and science in general, being too focused on the germ/genetic theory of disease is not looking for mineral imbalances and consequently is not testing for them, and,

- 2). If it did, they would use blood as the body tissue to evaluate.

Blood is not an appropriate tissue to use for establishing tissue mineral status as it represents a snapshot of what is currently happening in the body and not what occurred over the last few months. The other drawback to blood mineral status measurement is that normally blood mineral status will be quite constant as the body works to maintain the blood in mineral homeostasis or balance. Additionally, the mineral levels in the blood are quite low, making them difficult to accurately measure. Hair mineral analysis is far better suited for evaluating toxic loads of heavy metals and yet is currently not accepted nor even recognized by most practitioners of western medicine.

The roadblock is that the traditionally trained doctor is normally looking for the germ, not a nutritional imbalance. Additionally, both the AMA and the ADA currently maintain that mercury as used in medicine as vaccine preservatives or amalgam fillings is quite acceptable and safe. Meanwhile,

state after state is outlawing the dumping of mercury containing devices in community landfills as concern over mercury in groundwater supplies continues to grow. Most Americans today could not legally be buried in their city dump. Almost daily we are warned to not eat tuna and other seafood high on the food chain as it contains mercury. The very fact that we are now finding mercury in fish does not speak very highly of our ability to husband the natural resources of our earth or safely handle the large concentrations of this toxic element we use in so many things. The high levels of mercury were not there in our oceans before man began to pollute them. And, why is it somehow still safe in our mouth?

Other toxic heavy metals currently in wide distribution in our foods, medicines, and environment and therefore routinely showing up in hair mineral analyses are aluminum, cadmium, lead, and arsenic. While one toxic element can cause numerous problems, tissue loads of more than one heavy metal create an exponentially magnified detrimental effect on the normal functioning of the body. These toxic heavy metals are in the air we breathe, the water we drink, the food we eat, the medicines administered to us, and in the repair material used to fill decayed teeth. By the way, our teeth decayed because of our refined diets, especially the excessive sugar consumption and/or poor oral hygiene, a form of self imposed internal pollution.

Some common health problems that can be attributed to toxic heavy metals:

1. Mental confusion
2. Neurological malfunctioning
3. Hypothyroidism
4. Chronic fatigue
5. Candida albicans overgrowth
6. Rough and blemished skin
7. Snoring
8. Cancer
9. Inflammation, and
10. Loss of short term memory

Food Additives

Since the dawn of civilization, man has been developing ever more sophisticated methods of preserving foods. This need arose as we began to settle down and transition from hunter gatherer to farmer and our subsequent need to store food during the non growing winter months. Initially, we used naturally occurring substances such as oils, salts and herbs to preserve our food. Since the dawn of the industrial revolution and the modern chemical industry, food processors have had access to more and more sophisticated chemical compounds with which to preserve the foods they package.

Modern societies have made momentous changes in their diets as they have switched to relying more and more on prepackaged and processed foods for a major portion of their nutrient intake. Along with this shift has come the introduction of thousands of new chemicals to preserve, stabilize, and enhance the flavor of the original food. Our bodies have no idea how to process these new chemicals and they actually cause serious physiological malfunctioning. This, in combination with the removal of most of the nutrient value of the original food, has created unrecognizable non-nutrients which we consume daily thinking it is food. These chemicals are detrimental to our health and create foods that even insects won't eat.

Following are a few of these detrimental chemicals we eat daily:

1. Ethylene Glycol-used to preserve moisture. Toxic when ingested.
2. MSG-Flavor enhancer. A known excitotoxin.
3. Cyanamide-Fumigant used on meats, flour, cereals, and cocoa. Poison by ingestion.
4. Chlorine Dioxide-flour bleacher and oxidizing agent. Poison by ingestion.
5. Benzoepin-insecticide used in dry tea. Highly toxic.
6. Glyphosate-used to kill weeds and to spray on non-organic grain crops just before harvest to stimulate even ripening of the grain.

Antibiotics and Healthy Gut Flora

Since their very beginning, antibiotics have been recognized as a potent tool in the arsenal of the 20th century medical doctor. Their sole purpose is to kill germs in the form of bacteria. They are the ultimate tools for anyone trained in the germ theory of disease, which includes the entire western medical

community. They do not kill viruses, fungi, or most other non-bacterial pathogens. Today it is understood, although not strictly practiced in the medical profession, that antibiotic drugs are a tool of last resort. While they have proven themselves a godsend for many and rightfully so as they have brought countless people back from the brink of death, antibiotics are a double-edged sword. As discussed earlier, we are a synergy of cells assembled into an organism and a vast array of essential bacteria, fungi, and protozoa we carry around with us. The problem with the use of antibiotics is that for the most part, they are indiscriminate killers. If the antibiotic administered is correct and kills off the offending germ, the patient recovers quickly. While the antibiotic may be successful in eliminating the offending germ, it is also quite effective in destroying many other beneficial bacteria. This then puts the patients digestive tract into a state of imbalance. When good or friendly bacteria are also destroyed by the antibiotic, other symbiotic organisms especially fungi, begin to proliferate. Once the delicate balance between the gut floras is disrupted, all sorts of unusual symptoms can develop that are virtually impossible to associate with any known germ caused disease. These symptoms get progressively worse as the fungi goes systemic by penetrating our intestinal wall and traveling via our blood stream to effect all of the cells of the body. This is the root cause of cancer based on Dr. Simoncini hypothesis.

It is essential that anyone taking an antibiotic for any reason also supplement with a broad-spectrum probiotic immediately after stopping the antibiotic protocol. A probiotic is a grouping of known friendly bacteria that normally inhabit the intestinal tract.

Should you have been lucky enough to have never had to undergo treatment with an antibiotic, beware, you are not safe at all. Today, 95% of the beef, poultry, pork and farm raised fish are raised in very cramped, inhumane, and unnatural conditions. The close proximity to each other, the consumption of unnatural food and the unsanitary conditions they are exposed to create an environment where disease is commonplace. If these animals are not routinely treated with antibiotics they will get sick and die. Consequently, 2/3's of the antibiotics produced today in this country are given to commercially pen raised animals. Take note that the animal is getting sick because it is eating unnatural, nutrient poor foods in a crowded, filthy

environment. Does this sound familiar? Now don't kid yourself, every time you eat the flesh of one of these animals, you are ingesting some of those antibiotics. They continue to work killing bacteria in your intestinal tract when you consume them. The growth hormones fed these animals also find their way into your system.

When you add to this the huge consumption of refined sugar and flour products we, as a nation consume, the normally balanced fungi residing in our gut rapidly multiply as glucose is their primary food and the other gut bacteria their natural enemy. This is why most of the U.S. population has a gut flora imbalance currently recognized as candida. Rather than a disease, candida is nothing more than an imbalance created by a dietary lifestyle—the SAD (Standard American Diet) that allows for the proliferation of naturally occurring fungi in the gut. This proliferation is caused by heavy sugar consumption coupled with the consumption of antibiotic laden meat. Additionally, candida appears to thrive in the presence of mercury, creating a very detrimental synergism to the human body. How many people do you know today with mercury amalgam fillings in their mouth whose diet is comprised of large amounts of sugar and refined flour products and feedlot protein? How many of them do not have health complaints?

SOLUTIONS

Probably the most interesting thing about this dilemma we find ourselves in today is that there are solutions that do not require extensive treatments and expensive drugs, not to mention painful and potentially life threatening medical procedures focused on pharmaceutical drugs and modern surgeries. Some of the following recommendations are easier than others as we have become so reliant on society to provide us with our food supply. Do what you can do as much as you can do. Don't get discouraged if you can't do everything right away. Create a list and scratch off each item as it is accomplished.

1. EAT ORGANIC:

Consumption of organically raised fruits, vegetables, and meats will almost single handedly eliminate your exposure to antibiotics, hormones, pesticides,

herbicides, and fungicides. For many, finding reliable sources of organic foods is quite difficult as most farmers incorporate numerous pesticides, fungicides, and herbicides into their farming practices. Organic meats can be acquired with a search on the Internet and can be shipped right to your door. Vegetables and fruits are another story. Your first step should be to talk to your local grocer and request that they make every effort to obtain and offer organic produce and meat and then search out local farmer's markets. You can also start a garden assuming you have enough space. It doesn't take much. There are numerous organic powdered green drinks on the market and readily available for purchase. These are a good substitute for unavailable organically grown produce. Remember also, most restaurants are not enlightened regarding this subject and do not serve organic produce and meat either.

2. BALANCE YOUR TISSUE MINERAL LEVELS

Maintaining a proper tissue mineral balance is absolutely essential for good health. Use only sea salt with your food. Also a pinch in your water daily is very beneficial in supplying a complete balance of all the mineral nutrients. Most humans today are suffering from one or more mineral imbalances due to exposure to toxic metals, mineral deficient food and water and heavy metal exposure. Today, the most effective way to achieve a good mineral balance is by using hair analysis to establish a benchmark and then supplement with liquid ionic minerals to achieve accurate absorption of the recommended doses. This is available at www.eidon.com.

2. EAT RAW

Eating your food in as raw a state as possible is very important for overall health as in this state foodstuffs contain natural enzymes that we can use to naturally digest and absorb the essential nutrients provided by the plant. Most methods of cooking actually promote the extraction and or the depletion of mineral and vitamin nutrients. Daily salads incorporating dark leafy greens and other green vegetables is an excellent practice. For dressing use olive, walnut, or grape seed oil with fresh lemon juice as your vinegar topped off with raw garlic, and nuts.

3. USE ANTIBIOTIC TREATMENTS SPARINGLY

When faced with the option of taking antibiotics for routine colds and influenza, try to avoid them. Antibiotics do not kill virus' that are the real cause of colds and flu. Instead, there are many herbal and mineral solutions available. When ill, herbs such as Goldenseal and Echinacea, vitamin C, and the minerals Selenium, Silver, Zinc, and Sulfur are very effective in boosting the body's immune system to fight off the intruding pathogen. Most M.D.'s will concur with this recommendation. When it is a life or death situation involving bacterial infections, antibiotics can be very useful and effective.

4. REMOVE ANY AMALGAM FILLINGS FROM YOUR MOUTH

Any amalgam fillings, better known as silver fillings, are a problem. The mercury in one amalgam if put into a 10 acre lake would pollute the lake to the extent that the EPA would close it for swimming, drinking or fishing. A note of caution is required here. When you have your amalgams removed you must use a dentist who will protect your breathing by providing you with a mask that will supply you with oxygen completely separate from that of the ambient air. **If this is not provided to you, do not have them removed as you will, with without a doubt, become worse.** This is because without breathing protection, you are exposed to vaporized mercury and it is mainlined via your lungs, into your blood stream and subsequently your cells. It doesn't matter whether you replace your amalgams with ceramic or epoxy fillings. Both work just fine. Begin chelating out the remaining heavy metals from your tissues using iodine, selenium, zinc, sulfur, and silica. Supplementing with powdered greens containing chlorella and kelp is also helpful.

5. REMOVE CHLORINE FROM YOUR WATER

Today you have access to any number of devices for removing chlorine from your drinking and bathing water. You will be happy you did, as chlorine is an active poison for both essential and detrimental bacteria. It is fine for keeping our water supply bacterial free, but not that healthy for our internal milieu.

6. ELIMINATE REFINED SUGAR AND FLOUR FROM YOUR DIET

The FDA should require warning labels on these non-food consumables and any processed foods containing them. When consumed, they immediately convert to glucose (sugar) consequently stimulating the release of large amounts of insulin, our most inflammatory hormone, that then converts the unused glucose into fat in the form of triglycerides. The insulin creates inflammation and accelerates the storage of the triglycerides as fat as well as enhancing arterial plack buildup. Consumption of white sugar and flour is the cause of virtually all Diabetes Type II as well as the obesity epidemic in this country. Additionally, sugar and white flour are implicated in heart disease and cancer. These two substances do not deliver any nutrients whatsoever and in fact deplete us of mineral nutrients.

7. INCLUDE FATS IN YOUR DIET

Over the last 20 odd years we have been misled regarding the exclusion of animal or vegetable fats in our diet. When we consume fat from organically raised or wild caught animals we obtain optimal levels of saturated and unsaturated fat including omega 3,6,and 9 unsaturated fats and cholesterol. When consumed in the absence of refined sugar or flour, this fat is absorbed into our lymph system where the body is able to access it for tissue repair. It is not added to fat cells unless there is insulin present. This mis-information directed the US government to instead recommend the consumption of unnaturally produced vegetable fats from corn, vegetables, cotton, and soybeans which, when heated, quickly turn into trans fats which are even more unnatural and unhealthy. This trend accelerated our obesity and heart disease epidemic. It is important to note that fat from non-organically raised animals is not well balanced and contains all of the toxins that were fed to the animal while in feedlot confinement. The issue though is that fat, by itself, will not make you fat and provides you with an essential dietary component. Glucose from refined sugar and flour is what makes you fat.

8. GET ADEQUATE REST

Rest is our way to reset our internal computer and rebuild damaged tissue.

The number of hours necessary varies with each person. Sometimes you need more than usual and many times you can function on less. You should take enough rest at night to allow you to function throughout the following day without feeling fatigued. Strive to make your sleep environment as quiet and dark as possible.

9. GET ADEQUATE EXERCISE

Maintaining a good level of physical activity is essential to good health. A primary role of exercise is to sustain a properly functioning lymph system. The lymph system is the body's primary detoxification mechanism. It must be kept in good working order. The only way lymph is circulated in our body is by physical movement. Therefore, one must move to clear out toxins, be they internally generated or consumed via our food, air, water, or pharmaceutical or other drugs. Adequate exercise can be as simple as walking 3 to 4 times per week.

10. CONTROL STRESS

It is essential to strive to achieve a good emotional balance in our lives. Stress of any kind depletes minerals and impedes nutrient digestion and uptake creating additional imbalances, which lead to a compromised terrain. Finally, a good mental attitude is essential to accomplish these recommendations. While not all encompassing, these recommendations are critical to achieving and maintaining a well functioning terrain. When these are achieved, all of the essential organs of the body will have the opportunity to function optimally. A good electrolyte formula is very helpful in dealing with stressful situations.

RESULTS

- 1 Good health without the worry of the next disease.
2. Long vibrant life.

CONCLUSION

Pasteur's conclusion that bacteria and other germs cause disease was a major step in explaining and eradicating some very deadly and persistent diseases of the last 1000 years. What he missed was the significance of the health and integrity of the cellular terrain. When the cellular terrain is functioning normally, pathogens will not be able to flourish to the point of creating disease. The gauntlet they have to go through is potent, as our immune system will usually easily dispatch all of these invaders. The terrain, in actuality, is everything, and a compromised cellular terrain is the true ultimate cause of disease—not only those caused by pathogens, but also those diseases and ailments for which we currently cannot identify a cause. The reason is that these other diseases are the result of cellular malfunction, not the result of an invading pathogen. By maintaining one's terrain, the probabilities of disease are diminished to the point of virtual non-existence.

TRULY, THE ONLY THING THAT CAN HEAL YOU IS YOU.

