

NATURAL HEALTH SERVICES

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“Disease” Is the Only Cure!

By R. Fletcher Bertram, Sr., ND, DO (Great Britain)

Unfortunately for mankind, illness has been attributed to something invading the body, something that “attacks”, some outside entity that we succumb to periodically and must be fought against by every means possible in order to survive.

From the gods, demons and ancestral spirits of shamanism, to the countless incredibly insane, death-dealing “remedies” of the past 2000 years to the present time, those who care for the sick have not been able to get away from the idea of fighting the enemy and seeking miracle “medicines” with which to treat and cure the afflicted.

Time, money and energy have been wasted on developing drugs, vaccines, pills, “shots” and serums in a futile endeavor to prevent and/or eradicate the invading enemy. This reasoning has become so deeply ingrained over the years that very little thought has been given to the exploration of the modus operandi of the body. The enemy is, in fact, an illusionary, non-existent scapegoat, a substitute for inadequate recognition (and appreciation) of the laws of governing our being.

Just about every filthy substance on the face of the earth has been experimented with, in an effort to find cures for a myriad of diseases.

Very few men came to the realization that “disease” was actually a process of cure! Very few comprehended the reality of the body's magnificent capabilities to heal itself, just as it is self-constructing, self-directing, self-maintaining, self-preserving, self-defending and self-repairing. The vast majority believed and still believes in cures, expecting and even demanding them.

As the result of our misconception as to the essential nature of “disease” we keep wandering further into the “curative” desert, thirstily seeking and chasing one medical mirage after another.

If we can temporarily set aside our preconceived notion that microorganisms are responsible for our periodic bouts with this or that condition, we might consider this: If germs/bacteria/viruses were able to overcome our healthy system and lay us low so to speak, why would they not continue their successful attack? Why would they retreat in defeat after overpowering us?

Why aren't they able to conquer us completely now that they've gained a foothold? Are we more able to “fight” them when we're prostrated? Where did we get the “ammunition” to stage a counter-attack and make the nasty “critters” quit and “bug off”?

To become free of the superstitions, misconceptions and confusion, collectively known as “Health Care,” we must become aware of the existence of immutable physiological laws, the correct application of which will assure genuine health!

HOW “DISEASE” EVOLVES

1. The body functions on nerve energy (everything we do requires its expenditure). It is renewed only by sleep and rest.
2. When, through poor dietary and living habits, overwork, excesses, stress, lack of exercise, etc., we become enervated (nervous exhaustion), the normal processes involved in the elimination of metabolic waste are impaired to the extent that these poisons accumulate above the level the organism will tolerate.
3. This retention of waste, the accumulated cellular debris created by enzymes breaking down into tiny components each day, billions of cells in order to facilitate their excretion, causes a diminution of our ability to recharge our energy battery. At this point, we are prime candidates for the condition that is responsible for the basic cause of all disease: toxicosis... a toxin-laden body! (Sickness is impossible without the system first being overburdened with toxic matter).
4. Insufficient energy to totally expel this toxic matter increases the saturation of the blood, tissues and lymph system to the degree that it becomes life threatening.
5. Because of its inherent intuition of self-preservation, the body responds to the toxic overload by purposely instituting a vicarious eliminative crisis! This crisis is called “disease”! (Medical nosology lists about 23,000)
6. No matter what name is given to the symptoms we feel and observe, it merely represents an emergency expulsion of poisonous junk, including the residue of decomposed mitochondrial RNA and DNA particles that most physicians believe are “viruses”. (No virologist or bacteriologist has ever seen a live virus).
7. Not understanding that each crisis we call a cold, the flu, “pneumonia” (or whatever), is the necessary detoxification action of the body, not something we caught or “came down with”, we foolishly palliate all symptoms in an attempt to cure ourselves. Suppressing symptoms such as coughs, fever, headache, ulcers, boils, cold sores, sinusitis, etc., and otherwise interfering with this housecleaning and healing process with treatments of any kind, is simply, bluntly, fighting the cure!
8. Medications not only add more toxicity for the body to get rid of but, by suppressing the symptoms manifested in acute (constructive) “disease”, we compound our health problems with the development of more serious, chronic (degenerative) ailments.

Symptoms associated with “disease” are normal. It is the adverse conditions within the body, necessitating this physiological reparation, which is abnormal.

That which we call “disease” is not something apart from the living organism. It is not something that is making war on us. “Disease” is as natural as health and is as much a manifestation of life as health! It is controlled by the same laws which govern all biological processes, therefore, “disease” being controlled by natural conditions, cannot be regarded as being unnatural.

When symptoms-treaters get into the act by suppressing where Nature has increased it and by stimulating activity where she has decreased it, the very orderly course of “disease” is interfered with and recovery is hindered to the degree of intervention, an extremely foolish and dangerous procedure!

The continuous squandering of nerve energy retards waste elimination. Retarded elimination creates toxicity. Accumulated toxicity necessitates a bodily-conducted eliminative crisis. Each crisis, according to its symptom complex, is given a name, e.g., when the body utilized the skin as the outlet for morbid waste, it is called chickenpox, acne, or psoriasis. When it chooses the lungs as the exit route, it is called pneumonia. If the appendix or tonsils become

inflamed, we can be certain that they are being used as supplementary exit areas. The body's main concern is dumping the trash and intelligently assigns the task to the organs that (according to our diathesis), are the most capable of "getting the job done".

We have conditioned ourselves to think in terms of individualizing the various symptom-complexes, while in reality, they merely indicate the location of the numerous "-itises", e.g., colitis, gastritis, bronchitis, metritis, appendicitis, all of them spawned by toxic saturation, all of them requiring only a discontinuance of causative factors and the application of the basic requisites of life.

Common sense demands that we cease doing the things that necessitates a bodily cleansing and restorative action but, when that action takes place, we should be grateful that we possess within ourselves, everything that is required to accomplish recovery, if we stay out of the act!

Good health is simply a matter of living in accord with our natural heritage and biological adaptations. Our natural instincts could maintain the degree of health we were meant to enjoy but instead, we have allowed an abundance of unnatural and nonsensical procedures to be perpetrated on us, e.g., immunizations, "running tests", and surgical vandalism, along with other life destroying acts such as our rat race mode of living, dependence on prescription and over-the-counter drugs and dietary perversions.

No one can deny the impressive advances in medical technology. However, most of it is the development and use of sophisticated mechanisms designed to search for and treat effects, last ditch heroic measures, attempting to reverse the end-results of pathology. Just as the skillful surgery and procedures in the implantation of an artificial heart, as demonstrated on Barney Clark and William Schroeder, shall never be a satisfactory solution to man's health problems, neither will a million more laboratory concoctions pounced on as "miracle cures", rescue humanity from the quicksand of false teachings that contend that diseases can be cured.

In spite of the fact that it is against all physiological laws to allow poisonous drugs (or any antagonistic substance) into the human body, we desperately band-aid the horrendous consequences of drugging.

Birth defects and mental retardation will always be something we will have to contend with as long as the drugging practice persists. At some point in time, the message will become crystal clear that, it is not Nature that "goofs" when a baby Fae is born. This pathetic scenario is being staged with greater frequency throughout the world, as females are subjected to drugs during pregnancy. Naturally, unnatural habits of booze, butts and devitalized food complicates Natures plan of bringing forth a healthy baby.

Some of the "side-effects" of drugs include shock, fever, tremors, loss of hair, respiratory distress, convulsions, blindness, loss of hearing, coma, choking, spasms, rashes, nausea, sterility, confusion, impotence and death. These terrifying symptoms should not surprise anyone. They are the result of blood poisoning medications!

The unholy trio, DPT (Diphtheria, Pertussis & Tetanus), given under the guise of "disease" prevention, raise havoc with children's bloodstream and nervous system, as do all drugs!

When a vaccine is administered, it prevents the child's body from conducting a simple cleansing action such as the measles, because bodily intelligence recognizes the more threatening consequences of tolerating the deadly vaccine..

The greatest fallacy of the medical community and the general public is the belief that drugs act upon the body. It is the body that acts upon the drug! The reason that disease symptoms disappear temporarily is that the body has to give top priority to the expulsion of the more threatening toxic substance. In addition to the overload of toxins the body was responding to, it is now being required to dissipate its' precious energy in expelling the drug. (Questions: If a drug will make a well person sick, how can it make a sick person well? If a drug has the power to act on the living, why does it not act on the dead?)

Antibiotics, instead of knocking out the cause of our health problems, locks it in! When we continually lock in toxins meant to be evicted, we develop chronic and degenerative disabilities. Since antibiotics appeared on the medical horizon, the number one killer of youngsters has been attributed to cancer. In reality, these children were slowly killed, primarily by so-called preventative vaccines and so-called curative medicines. Junk food and environmental factors also played an important role in the condition of cancer. (In Grandma's day, cancerous kids were unheard of.)

Mother Nature must sit back and chuckle at the multitudinous remedies employed to fight what is referred to as disease. She knows that "disease" is all the remedy there is and that, in most cases, recovery will occur in spite of the interference of health care practitioners.

When we resort to therapeutic devices to cure our "diseases", we might well evaluate the extent of our gullibility; the extent of the brainwashing we have been subjected to and consider the feasibility of learning physiological laws that are diametrically opposed to orthodox methods of treating the sick.

Let Nature be the writer, producer, director and star in the show entitled: Health Care.

We need not be afraid of "disease". We need only be fearful of its' cause. Man cannot cure. Nature is the only healer. "Disease" is the only cure!