

## Understanding the Disease Process

“Many act as if health and disease were things entirely independent of their conduct and entirely outside their control. They do not reason from cause to effect, and submit to feebleness and disease as a necessity. Violent attacks of sickness they believe to be special dispensations of Providence, or the result of some overruling, mastering power; and they resort to drugs as a cure for the evil. But the drugs taken to cure the disease weaken the system.” MM 296.

Let’s talk about symptoms:

We have a house and we can see a watermark on the ceiling; so we paint it over; it is gone, cured. But when it rains it comes back. So we get stronger medicine; we get lacquer and seal it then we paint it over and it is gone. This time, when it rains, the original water mark doesn’t return, we have cured it. But there is a new mark out around the area; a new disease. Now it’s time for surgery; so we get a saw and cut out the ceiling tile and replace it with a new one. At first when it rains everything is fine, but after a while the watermark is back.

Now, we would not be that ignorant when it comes to our houses! We would fix the cause—the leaky roof. But we are that ignorant when it comes to our bodies. We think a symptom is an enemy; but a symptom is our friend; its keeping us alive! It’s trying to overcome the wrong that we did.

Diarrhea is the body trying to get rid of poisons which we have eaten. Vomiting likewise. It is interesting to note that the most common side effect to nearly all medication is nausea and vomiting. So much so, that as a student, memorizing the side effects of drugs, we were always safe to say, “nausea and vomiting,” for any drug we were asked. Clearly our bodies are trying to tell us something.

Children have a natural aversion to many foods which are actually harmful, and will readily vomit such foods. It takes time for their bodies to get toxic enough to enjoy these toxic foods.

At first when toxins begin to come into the body, the liver deals with them. But if they keep pouring in, after a while the liver knows that if it keeps on neutralizing and disposing of toxins it will wear out and die and then you’ll have a healthy body but a dead liver! So it begins to store them in its tissues. That way they’re not in the blood and the liver can survive; but as it does this it becomes less efficient.

Now, once the liver is about 70% congested with toxins, it knows that if it stores any more, it will be unable to function so at this time it begins to let toxins trickle through into the blood stream. When this happens, in less than a second the body buffering system causes the cells to give up alkaline to buffer the blood. But it can’t do this indefinitely either so the cells begin to store toxins in and around themselves.

This is a state of toxicity. The cells react to the toxins, they slow down and become less efficient. We call this state, disease or illness.

What determines where the toxins will be stored? Why do some people get heart disease and others get arthritis or gout?

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It is controlled by four factors:

1. Our emotions and attitudes.
2. The type of poisons; certain poisons typically gravitate to certain parts of the body; i.e. uric acid to the big toe, causing gout. (Perhaps this is to get as far from the vital organs as possible)
3. Genetic potential. We inherit the *tendency* to certain diseases, not the disease itself. Father has heart trouble; we inherit the tendency to heart trouble but we will not get the heart disease unless we do what our father did to get his.
4. The vitality of the body. The more energy a body still has to work with, the closer to the surface of the body, away from vital organs, will the toxins be stored. It will push them through the skin, (a rash) or out through the mucous membranes and sinuses, (a cold or allergies) if it has enough vitality.

### **Vicarious elimination**

When toxins build up, the body puts forth effort to expel them and we get a “cold”. This is vicarious elimination. Vicarious means “in place of”. The body is using other channels to dump toxins in place of the regular channels which are overloaded.

You don't “catch” a cold, you've earned it!

If it is true that we “catch” colds, then why do people who have cancer or are very weak and sickly, not catch them. You would think that the more run down an individual is, the more likely he would “catch” a germ. But it doesn't work that way.

It takes energy to have a cold; the body puts its energy into the cleansing process, to push out the toxins through the mucous membranes. As a body loses vitality, it can no longer afford to have a “cold” and push out toxins as it is too busy just trying to stay alive. You will often hear a chronically ill individual say, “Oh, I used to get colds all the time, but I haven't had one in years.”

### **What is an infection?**

Germs are scavengers; they cannot live in healthy tissue!

Louis Pasteur gave us the “germ theory” of disease; he said that germs cause disease. Now he had a contemporary named Van Camp, who said, “You're right, germs do cause disease, but not in the way you say.”

Pasteur said that you just walk along and you “catch” a bug, but Van Camp said, “No, you have to give that germ a reason to be there. Germs live on toxins, not healthy tissues. We first have to make the body sick by what we are eating, before the germs have any effect.”

When someone gets the “flu” and you know that you are more run down and sicker and yet you do not get it; why not?

One of the four reasons is that your body doesn't have enough energy to deal with it.

Do you know what Pasteur grew his germ cultures on? Rotting soup. He tried fruit, but it had too much vitality and would not grow germs! On his death bed, he admitted that Van Camp

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was right; The cellular environment is everything!

Before the body will allow that germ to take over, it has to know several things:

It has to have enough nutrients on hand to get it through 3-7 days. The body will want to fast and will run a fever. That infection creates a toxin and the body revs up its metabolism to get that toxin out; this creates a fever. Who produced the fever? The bug or the body? It is the body! (So why should we lower a fever, which is the body's way of protecting itself from the germs??)

What's the germ doing in there? Just some housekeeping; it lives on dead and dying tissue and garbage, like most scavengers. The body wants to fast during this time; so it has enough nutrients stored to carry it through. If you feed a person with a fever they will often throw up; why? Because the body can't take care of food, keep up this process and deal with the germ.

Did you know that at all times we have at least ten disease germs within us? The four most common are strept, staph, TB, and pneumonia. Why don't you have those diseases? Either you are too healthy or you are too sick!

Don't use Aspirin, Tylenol or drugs to bring a fever down: if the body is creating it, it wants it there. You can use warm sponge baths and cool enemas if it is over 104° F. and you are worried. These things will promote the cleansing process rather than interfere with what the body is trying to do. Also don't use fans or expose the fevered body to cold air or drafts. This can be quite harmful even though it is standard hospital practice.

The body uses the fever to control the germ. People die of infections when we lower that fever, and then the germ has a field day!

Brain damage has been shown to be caused, not by the fever, but by the drugs given to "control" the fever. When the body is busy with the infection, and drugs are given, they can bypass the liver and go up to the brain and cause damage before the body can safely deal with them.

What happens when we take antibiotics? Why does it take away the symptoms but not the problem?

When antibiotic is put in the body, it works havoc with the liver. In fact, doctors know that if they use antibiotics on a prolonged basis, they must monitor liver functions, as it will shut the liver down. So the body has to bring energy away from the infection process to keep the liver alive. So the body walls off the germ and moves energy to save the liver. The symptoms go away. The patient feels better: but in a few days the body says, "I've got the liver under control now, I can go back and finish what I was doing," and the infection comes back.

So off to the doctor for more antibiotics and it goes on and on, until it reaches the place where the body just gives up and a more serious disease occurs.

If we keep drugging the body it can never finish the cleansing; the cells get more and more toxic, less efficient and finally the cells begin to mutate and that is what we call cancer.

Cancer is the end disease of all diseases. If we stay alive long enough eating a toxic diet, we will *all* get cancer. The body sacrifices cells to keep the blood normal, to keep it alive.

## HOW DOES THE DISEASE PROCESS GO?

1st we have a cold: we take drugs, the “cold” is “cured”.

We later get Bronchitis, and we think we have a new disease, and go to the doctor and get drugs.

Then we get asthma: It’s a new disease, the drugs “cured” the bronchitis. So we get more drugs, then down the line we get pleurisy or congestive heart failure.

We think these are all new diseases that are just ‘happening’ to us, but it’s all because we are getting more and more toxic and keep interfering with the bodies attempts to cleanse itself.

How do drugs work? How does an aspirin work? If you ask a pharmacist, he will say, “We don’t fully understand how it works, but it seems to have a numbing effect on the whole body, because where ever you have pain it takes it away, except stomach pain.”

But, why not? If it has a numbing effect on the whole body, why not the stomach?

Every aspirin creates a minute amount of bleeding in the stomach—buffered or not. If it didn’t, it would not work.

A headache is caused by toxic blood. The brain likes nice clean blood, so it aches. We take Aspirin which causes bleeding in the stomach; this is more life threatening to the body so it switches its attention to the stomach and you don’t feel the headache any more. If you have stomach pain, it won’t work, because the attention is already on the stomach. But if you take Tylenol, which plays havoc with your liver; it will relieve stomach pain.

That’s how drugs work! They simply create a disease condition of their own, shifting the bodies attention to the drug, and the symptom goes away.

The body tries to throw the drugs off, and we call it side effects. It tries to throw out the toxin through the skin; a rash. Drowsiness occurs because the body can’t handle the drug and still have energy to keep you awake at the same time.

Nausea and vomiting or diarrhea occurs; again the body is trying to get the drug out.

What about anesthetic? That stuff is so toxic that the body can’t retain consciousness and deal with the poison, so it knocks you out.

If you give a drug to a healthy person it will make them sick; so we give it to the sick and expect it to make him well. The logic escapes me!

Remember though, you can’t just stop your drugs overnight, as your body may be dependent on them. Rather as you improve your body’s chemistry and health, your body won’t need them. This is a gradual process and for some types of medications the cooperation of a medical professional may be needed to gradually wean you off it.

As you get to understand more of the body’s intelligence, built in by the Creator, you will be able to reason from cause to effect and co-operate with it when disease or illness strikes.

“The obligation resting upon us to keep the body in health is an individual responsibility. The Lord requires each one to work out his salvation day by day. He bids us reason from cause to

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effect, to remember that we are His property, and to unite with Him in keeping the body pure and healthy, and the whole being sanctified to Him.” CT 300