

FROM PERFECT HEALTH TO DEADLY CANCER
The Seven Stages of Disease/The Seven Pillars of Health
Understanding and breaking the disease cycle for vibrant health NOW!

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Cognoscere est cognoscere causas. To know is to know the cause said the Roman philosopher *Lucretius*. Let us start at the beginning.

Australians are in deep trouble. We are witnessing, right now, a total disintegration of health in the Australian populace that spans every age, economic, religious and political group. This is not a grim prediction of a future possibility; it is a present, horrific reality. Approximately 35% of our population will get cancer in their lifetime. This is a staggering 7.5 million people! Heart disease is rampant and out of control, as are diabetes, arthritis, asthma, allergies, and obesity. The state of Australians' mental health is as bad if not worse with ever-increasing incidences of depression, schizophrenia, domestic violence and ADDH. Despite the billions of dollars pumped into our health care system, there appears to be very little progress in alleviating this tidal wave of suffering of millions of Australians. Something is terribly wrong!

What could be the possible cause? A definition of insanity that I like is: repeating the same pattern of behaviour over and over again but expecting a different outcome each time! *If something is not working we need to make changes!*

I believe there is one root cause of all this suffering- IGNORANCE. Webster's dictionary defines ignorance as: a condition of not being informed, *lack of knowledge*. How we lost this knowledge is a subject too vast for this article. Let's look at reclaiming some knowledge that will be vital for our wellbeing.

Our starting point has to be the miracle of creation called The Human Body. This body has been created perfectly as a self-healing, self-repairing and self maintaining organism. Its trillions of cells function in perfect harmony, twenty-four hours per day, seven days per week, week in-week out- year after year. Our body is always striving for the very highest level of health possible; *always!* Health is the normal, natural state of the body; disease is abnormal and unnatural. Included in this miracle of creation is a built-in mechanism that warns us when our health is in danger; much like a red warning light coming on in our car. We wouldn't put a piece of duct-tape over the red light and drive around hoping for the best, yet this is exactly what millions of Australians do with their bodies! Let's look at the different ways our body uses to try and get our attention in order to stop our harmful behaviour. You will be familiar with them all. A point to remember is: the more critical the problem the more intense the warning. These warnings must NOT be ignored or masked with drugs. This would allow a normal corrective procedure to become life-threatening.

The Seven Stages of Disease

1. ENERVATION

Enervation is a condition in which the body is not generating enough energy for the tasks it must perform. This lack of energy impairs ALL systems of the body. The major symptoms are: fatigue, loss of appetite and poor sleep patterns. This is your body's first warning that all is not well!

2. TOXAEMIA

This occurs when the body cannot eliminate toxins faster than they build up. These toxins accumulate in the cells, blood, lymph nodes, tissues and organs. Toxaemia is the root cause of all disease. The most noticeable warning from the body is fever. The most harmful toxins are: animal products, alcohol, tobacco, sugar and artificial sweeteners, chemicals (insecticides, pesticides, hormones, all food additives etc), medications (over-the counter, prescription (listed scheduled poisons), chemotherapy, personal body care products and a vast host of others. We are drowning in a lethal chemical cesspool!

3. IRRITATION

This stage of disease is designed to make you aware of the rising level of toxins in your body. Irritation is the sensory signal from our nervous system telling us that our cells are starting to be damaged by toxic materials. Symptoms include: itchy skin, queasiness, unease, emotional/mental irritation, anxiety, headaches, body odours, dark circles under eyes etc.

If these symptoms are ignored or suppressed, the next stage inevitably results.

4. INFLAMMATION

Inflammation is the body's most intense effort to cleanse and restore itself. With this stage, you can no longer ignore the warning signal-PAIN! This is not an arbitrary pain; this pain has purpose. It's the body's way of saying, **"STOP!!!"** Pain is your friend. Of course it's not pleasant or comfortable, but that's the whole idea. It gets your attention. We don't need to like pain, just understand it. This is the only way we can act to stop our destructive behaviour and progressing on to the more dangerous stages of disease. Any condition ending in "itis" means, "inflammation of." This takes a lot of confusion out of disease. We know that tonsillitis means inflammation of the tonsils, appendicitis- inflammation of the appendix, hepatitis- inflammation of the liver, arthritis-inflammation of the joints, colitis- inflammation of the colon, etc, etc. (dermatitis, sinusitis, conjunctivitis, cystitis, bursitis, nephritis, pancreatitis.) They all mean the same thing- inflammation (pain) from accumulating toxicity.

*****IMPORTANT:** Stage 4 is a pivotal point. If you take no action to correct (not suppress) the underlying cause of the pain/inflammation you will fall deeper into the disease state!

5. ULCERATION

This stage means that the body has been under assault for such a long time that cells and tissue are being destroyed. This stage is often intensely painful because there are exposed nerves. Lesions and ulcers can occur inside or outside the body (stomach, mouth, leg ulcers). The body will use ulcers as an outlet for relieving extraordinary toxic build-ups.

6. INDURATION

This is the encapsulation of toxic materials (benign tumour, cyst) that threaten the body's health. This is an intelligent way for the body to quarantine dangerous poisons in one place so that they will not spread freely throughout the body. *Induration is the last stage during which the body is still in control of its cells!* If the destructive practices that brought matters to this stage are allowed to continue, cells will start to "go crazy." Their genetic encoding will become damaged due to the toxins and they will become wild and disorganised. We call this condition...

7. CANCER

This is the end point in the long evolution of disease, and if the causes that brought it about are continued, it is usually fatal. Although in the best of circumstances, with a healthy regimen, cancer can be arrested and reversed, it would take a concentrated, focused effort. The purpose of this article is to show you how to *prevent* this final stage from ever occurring. Even at this final stage of disease, your very, very best friend, your body, is still doing everything it can to deal with this condition.

Your body is a self-healing, self-repairing miracle of creation which, even in our advanced technological age, is no where near being fully understood by modern medicine. All the parts of the body are inter-connected; none function in isolation. One organ is just as important and receives just as much healing attention as any other part, be it the breasts, prostate, heart, lungs, intestines etc.

Throughout the first six stages of disease, the body uses discomfort to send us warnings. If the warnings are understood and corrective measures are taken, dietary and otherwise, the warnings stop, the discomfort goes away, and the disease progression is stopped. If the warnings are not understood or are masked with drugs, and the individual persists in the same habits, disease is inevitable because the toxic overload has not been dealt with.

You have been given new knowledge about the seven stages of disease. Do you now understand that disease, at any stage, just doesn't happen? WE pollute our bodies. WE ignore all the warning signals. In effect, WE CREATE OUR DISEASE! Wisdom is applying this knowledge in your daily life and reaping the rewards of life-long vibrant health. Choose to listen to your body, choose health, choose LIFE! Here are my recommendations for living a healthy life and preventing or reversing the seven stages of disease:

The Seven Pillars Of Health

1. Eat living (raw) foods as much and as often as you can.

You are a living body, so feed that body living food. Aim for a minimum 50% of your total dietary intake. Eat lots of fresh vegetables, raw or slightly cooked, and fresh fruit. Plants are filled with the nutrients, compounds and substances that promote life, something canned and frozen foods tend to lack. These essential materials allow the immune system to strengthen itself and work more effectively and more efficiently. Eat organic fruits and vegetables whenever possible to avoid pesticides, herbicides, insecticides and chemical fertilizers. Many of these residual chemicals are toxic or can't be digested, broken down or flushed out of your body. Pesticides and many chemicals bio-accumulate in the cells or bones in your body and eventually may trigger cancers or other toxic chemical disease reactions. Eat more salads. Salads are living foods. Every time there is a great discovery of a compound that helps cancer or other human maladies, it comes from the plant kingdom. You'll never find an amazing discovery that has been isolated in a pork chop. Eat light foods in the morning, preferably fruit or vegetables or juices. Go light at lunch. Lay off the heavy sweets in mid-afternoon. Don't eat heavy foods just before you go to sleep. Digestion requires more energy than any other function of the body, which is why you feel tired after eating, and why you rush to the coffee machine to perk you up. Eat a light breakfast. Leave about three hours without eating before you go to sleep. The body needs to rest, not work on digesting food that saps energy for healing.

2. Eat fruit correctly - alone - or before anything else.

Fruit is to be eaten alone. Alone, fruit turns into energy faster than any other food because it is the only food that does not require digestive energy. It should be eaten before anything else, not with or after a meal. When eaten alone fruit tends to be alkaline when it enters your stomach. However, when fruit is combined with wheat, meat, dairy or vegetables it turns to acid in your stomach. As a result, it doesn't get digested and instead ferments producing alcohol, which in turn promotes a build up of toxins over time, and is one of the primary causes of diseases. .

3. Reduce animal products in your diet.

Scientific evidence abounds showing that animal products, especially meats and poultry raised in feedlots with antibiotics and artificial hormones, are associated with more and more diseases. The human lymph system is not designed to break

these artificial materials down so they can be washed away. They tend to remain and build up in our bodies, creating stockpiles of toxic chemicals that eventually can overwhelm the body's immune system. Dairy products are a real health hazard to many people. They contain no useful fibre or complex carbohydrates and are laden with saturated fat and cholesterol. Milk is often contaminated from pesticides, hormones, and antibiotics. Dairy products are known to be a major cause of allergies, constipation, obesity, heart disease, cancer, and other diseases. Many doctors including the late Dr. Benjamin Spock, America's leading authority on child care, have spoken out against feeding cow's milk to children. Doctors have shown it causes anaemia, allergies, and insulin-dependent diabetes. More and more studies are showing that dairy products may actually cause osteoporosis, not help prevent it, since their high-protein content leaches calcium from the body. Dairy products create an immense amount of mucus in your body and your lymph system has to work overtime to rid the body of this unnatural product.

4. Drink lots of pure water every day.

The living body is about 70% water and through natural daily movement and evaporation your body loses 2 litres of water a day. You need to replenish water because your body does not manufacture it on its own. Drink about eight, 250 ml glasses a day to replace the 2 litres of water your body loses. The medical benefits of water are many - there are more medical miracles associated with water than any other substance known to mankind. It is the single most important food you can ingest and is known to help treat and even cure heartburn, backache, headache, upset stomach, diabetes, heart disease and even cancer. If you have any of these diseases, you may just be suffering from dehydration, along with 75 percent of the rest of the population.

5. Exercise & Sunshine daily. Exercise more and more every day till you change your lifestyle.

You can improve how you look, how you feel, and how much you enjoy every day. You'll get more energy from increasing how much you exercise even if you just start with a twenty minute walk every day. Physical activity is essential to get you heart pumping blood moving through your system to bring oxygen to your brain and flush toxins from your body. Movement and activity cleanses the lymph system. Find something fun and do it regularly. Get energized and spice up your life. Get sunshine on your body daily (early morning/late afternoon) with no sunscreen. Sunshine produces the highest quality Vitamin D in the world which has been proven as an effective preventative against many cancers.

6. Take fewer prescription drugs.

Medications are only necessary when you are sick. The rest of the time medications can compromise your physical and mental fitness. Drugs and medications may also interact with each other and produce negative side effects.

The body can't break down many drugs easily. Like pesticides and hormones they build up in the muscle, bones, skin and cells of your body and interfere with normal body function. Study what you are taking and search out natural alternatives, and make the switch WITH YOUR DOCTOR'S GUIDANCE. Find a Natural Health practitioner to help you.

7. Think positive thoughts. Find the rainbow in everything.

Your attitude is the most important factor that will influence what happens to you in your life. Develop and keep a positive attitude about everything. Be grateful for everything, for everyone and for every moment of your life. Wake up and start each day by repeating positive thoughts out loud fifty times! Watch what happens then! Ask who can I bestow love upon rather than who loves me or worse, who is out to get me today. Ask what I can do to make someone happy rather than why should I be happy today, or worse, who's going to yell at me and make my day miserable. Look for and focus on the good things around you. Choose to spend your time thinking about the good things you find. Take a "media break." Television and newspapers give an unbalanced, negative view of world events with a cute human interest story thrown in to make you feel better! See your life as a glass half full, rather than one half empty. Your attitude will make the difference in your life.

Gary Samer has been a leading natural health educator, writer and consultant for over 29 years and has lectured in 17 countries.

This article is for educational purposes only. It does not claim to be a diagnosis or treatment of disease. Always consult your health care professional if you experience any of the above symptoms.