

## Physician, Heal Thy Self

If you cut yourself, do you not heal? If you break a bone, does it not mend? If you feel sick, isn't only a matter of time before you begin to feel good again? With all these instances, you do not have to consciously think about or do anything for the healing to occur, it will happen automatically. For within each and every one of us lies the innate intelligence to self heal. This power has been refined through hundreds of generations to combat the forces of dis-ease and put the body back to ease. It is the same intelligence that created mankind, the earth, the stars and the rest of the universe. It is the same intelligence that takes a sperm cell and an egg cell and transforms them into a complex living organism. This inner intelligence, if allowed to work properly, has the ability to cure any and all disease conditions no matter how "terminal" they might seem. And it is this intelligence that is responsible for all healing. Never has a drug, vaccination or prescription ever healed anything. They have only played a part in controlling the symptoms of disease. Healing always comes from the inside out, never the outside in.

We are approaching a time in the history of mankind when these principles can no longer be ignored. With the abuse of antibiotics, the controversy of vaccinations, and the focus of modern medicine on symptoms rather than causes, we have set ourselves up in a state of immune compromise and the dumbing of our innate intelligence. Instead of doing things to enhance our innate intelligence, medicine has tried in vain to replace it. With the best of intentions each day new drugs are being developed to combat disease, and with each drug these diseases are changing and mutating into stronger, more deadly forms. We are creating super viruses with potentially devastating effects. The body is such a fine tuned machine. No scientist or chemist will be able to orchestrate the complex processes of chemicals and hormones in the body. Releasing the exact chemical messengers at the right time, in the right amounts, and in precisely the right location is a task no prescription can duplicate. Yet, the innate intelligence within us does it on a regular basis with relative ease.

Being a Doctor of Chiropractic and holistic practitioner, I was taught to view health from a different perspective. I believe that true health care should focus on the patient, not on the particular disease that the patient presents with. Diseases occur because the intelligence of the body was, for some reason, not performing the way it was intended. It was somehow not able to maintain the balance of health. The causes of this innate imbalance are physical, chemical, or emotional in nature. Maintaining this important triad must be the primary focus of health care practitioners. Physically, this can be accomplished by making sure the bony structure of the body is strong, the joints are able to move through a full range of motion, and the musculature is balanced and controlled. Chemically, we must understand the importance of the foods we eat and their effect on homeostasis, and we must refrain from overindulgence and limit the amount of toxins that enter our body. Emotionally, we must turn our focus in a positive direction and start finding the good in life, instead of harping on the negative.

This recipe for health is a formidable task to duplicate in a world that emphasizes sedentary living, fast foods, pollution, drugs, stress, anger, hate, and negative emotions. We are brainwashed by society to reach into the medicine cabinet when we have an ache or pain, overindulge in vices, and get caught up in the stress of life. The ingredients to this recipe, physical, chemical, and emotional, are all equally important. If you are in good physical condition, eat right, yet have a negative attitude and stressed you will have dis-ease. If you eat right, have a good attitude, yet are couch potatoes, you will have dis-ease. And of course, if you are physically sound with good mental attitudes yet eat junk food all day, you will have dis-ease. All three aspects of this triad must be addressed in your health care program. The problem with the health care system today is that the focus is not on any of this. Medical doctors don't even take a course in nutrition as part of their regular curriculum! This is evidenced by the fact that in a recent study, the average life expectancy of a medical doctor is 58 years. Some 15 years lower than that of the rest of the country. How can you take health advice from MD's when they cannot even help themselves? Neglecting these health principles and thinking that a prescription drug is all you need to get healthy is a foolish attitude to take. Heart disease is the number one killer in the United States today and people who are inflicted are kidding themselves if they think their blood pressure or heart rate regulating prescriptions are doing anything to help the cause of the problem. Doctors should be pounding into these patients the importance of diet and performing exercises that will strengthen the heart muscle and the rest of the cardiovascular system. But instead, these patients are lulled into a false sense of security because the drugs are masking their hypertension and regulating their heart rhythm, and they keep on living the destructive lifestyle that caused the heart disease in the first place, and eventually die from it.

Sometimes getting healthy requires a total change in lifestyles and beliefs. This approach is a lot harder than taking a pill, but it is the only thing that will actually promote healing and allow the body's wisdom to manifest to the highest degree. It is the only way to correct the *cause* of disease and not just the symptoms. These health principles can be used as a preventative measure or as treatment in the most advanced stages of disease. It is never too late for the body to make a comeback if you treat it right. The physician within you possesses chemicals 100 times more powerful than any medication; you just have to find a way to enable your innate intelligence to do its job. The challenge has been set to stop looking towards the easy way out and start taking responsibility for your own health. For every drug, there is a negative side effect, and there is no "magic bullet" for health. Don't be dependent upon your prescriptions or doctors, for they will never be able to heal you, only you can perform that miracle.