

***THERE ARE NO
INCURABLE DISEASES***

Jon Burras

Warning

Reading this article might cause you to learn about the lies and myths that have been told to you. You might have to change your life or think differently after viewing this information. Please read on at your own risk.

Disclaimer

If you are currently using over the counter or prescription medications it is advisable not to alter their use or quantity until first consulting with your medical care provider. This article has not been approved by the FDA and is intended solely for the purpose of entertainment and education and should not be used to diagnose or treat any disease.



There are No Incurable Diseases

Jon Burras

Throughout the course of our existence human kind has been besieged with trying to understand the nature of disease. From epidemics that wiped out large populations to the rarest diseases seldom seen before, we have often been at odds with nature and our health. This topic continues to be a subject of great concern even in our modern age with our modern technology.

Up until nearly one hundred years ago most people in the Western world died from what were considered “infectious diseases”. This would include such diseases as smallpox, influenza, typhoid, diphtheria, yellow fever, and others. An infectious disease is one where a pathogen, (virus, bacteria, fungi, or parasite), is allowed to enter into a person’s body due to a weakened or unprepared immune system. These diseases usually spread from host to host, (like person to person,) or by tainted water, air, or food. While much of the “third world” and many indigenous populations are still besieged by infectious diseases, better sanitation, clean drinking water, and more substantial nutrition have all but eliminated infectious diseases from modern civilization. That is the good news.

The bad news is that most diseases of our time in the Western world are referred to as “auto-immune” diseases. These are diseases where the body and mind create disease internally. From heart disease to cancer, diabetes to high blood pressure, auto-immune diseases are the norm for the modern world. These diseases are referred to as “culturalgenic”. This means that they are more prone to specific patterns within specific cultures and not across the board. The way we are leading our lives is what is making us sick. While medical science remains hopelessly baffled by auto-immune diseases there is a great amount of hope to rely on. The truth is this. **There are no incurable diseases.**

In order to better understand how any disease can be cured we will begin to explore the nature of the systems designed to diagnoses and treat disease. We will delve into politics, economics, and cross-cultural issues. Underneath all of this you might be surprised at what you discover.

Perception of Disease

Conventional Medical View

1. The body is stupid
2. The body creates diseases randomly
3. The body cannot heal itself
4. Pain is the problem
5. The problem is where the pain is
6. Everything is separate (mechanistic viewpoint)
7. Drugs and surgery are the only choices
8. Emotions and beliefs have nothing to do with disease
9. Disease is only about biochemical deficiencies
10. You are not responsible for what your body has created
11. Your doctor knows best
12. It must be genetics
13. Science is the only truth
14. The mind and the body are separate
15. The body's parts wear out and need to be replaced
16. Medical doctors are great role models
17. Western medicine offers health care
18. Treating symptoms is the norm
19. Fear is the primary motivator

Holistic View

1. The body holds infinite wisdom
2. You create your own disease
3. All disease can be healed
4. Pain is only a messenger
5. The source of the problem is often far from where the pain shows up
6. Everything is connected (holistic)
7. Drugs and surgery should be the last choice
8. Emotions and beliefs have everything to do with disease
9. Disease is a result of an imbalance
10. You are responsible for everything your body creates
11. What your doctor tells you may kill you
12. Genetics are rarely at fault
13. Science is only one source of truth
14. The mind and the body are intimately connected
15. Replacing the parts is the last option
16. Medical doctors are poor role models
17. Health care is seldom found under Western medicine
18. The cause of disease is identified and brought back into balance
19. Hope is the primary motivator

Perception of Disease

Disease diagnosis and treatment is a reflection of perception. There is a common phrase that goes like this. "There is reality and then there is your perception of reality. They are not always the same." If your perception is off then your reality will be blurred as well. When it comes to diagnosing and treating disease this is the common result.

For thousands of years we lived in harmony with nature and natural events. We were deeply connected to nature and followed the laws of nature. Even when it came to healing and disease nature was always the primary guide. Under this philosophy, disease was perceived as an imbalance in the person. This could be a physical, mental, or emotional imbalance. Much the same way an ecosystem corrects itself after becoming out of balance, the body was treated the same way. Natural substances like herbs and teas were used. Ritualistic practices like chants and prayers

were common to change the vibration around the sick individual. The village supported the healing and it was seldom that one was left alone.

Science then came along and attempted to conquer and dominate nature. Often unnatural medicines and procedures were used to suppress symptoms in the body. Aggressive and war-like techniques, (like surgery), were common place. Toxins, (like chemotherapy), were dumped into the body to kill its invaders. Disease was now perceived as a “war”. Under this mentality the only way to win a war is to overpower your enemy. Scientific conventional medicine has attempted to wage this war with auto-immune diseases for well over one-hundred years now. Despite trillions of dollars and millions of man-hours invested, Western medical science has done very poorly in curing any auto-immune disease.

To understand why this might be it is important to investigate where the differences in perception might lead us. By understanding how something is perceived one might come to a broader understanding of the greater implications. The following comparison sheds light on why it is difficult, if not impossible, to cure an auto-immune disease with conventional scientific Western medicine.

Disease Comparison

Western Conventional Medical Belief

1. The Body is Stupid

Western medicine views disease as a series of mistakes the body has made. If the body is stupid by design there is little hope that it could certainly heal itself. Disease is thought to be caused by invaders attacking the body. This belief states that one “catches” a cold or “gets” cancer. Heart attacks just happen by chance as if your name were picked out of a lottery.

Under the conventional Western medical model your body is so dumb it is besieged by illness, run down by disease, and there is nothing you can do about it. This model teaches you that you are supposed to become infirm and sicken as you age. You are supposed to get arthritis and Alzheimer’s disease as you accumulate calendar days. Your body is so dumb that you are powerless to do anything about it.

Being powerless over your body leads to an attitude of “victimhood”. You are taught that illness just happens to you. Once illness sets in there is little hope except to keep taking expensive drugs to suppress the symptoms.

Holistic Belief

1. Body Holds Infinite Wisdom

Holistic health emphasizes the importance of the body’s infinite wisdom in healing itself. Being of absolute intelligent design the body is able to heal any disease because of its unique capacity to correct itself.

A fundamental concept in the holistic health model is that of “homeostasis”. It is this natural occurring concept of homeostasis that teaches us that when something is out of balance its natural inclination is to want to correct itself. We see this idea demonstrated in nature every day. Take for example an occasion when a drought might occur in an area. When there is less rainfall than

normal many of the native plants develop ways of holding onto their moisture or find new ways to collect moisture from the air or soil.

The human body works in much the same way. Because of its vast intelligence the body creates symptoms as a way to help remove imbalances. Fevers are a way for the body to heat up to burn out an infection. Coughs are produced by the body as a way to expel toxins. The body is always seeking to come back to optimal health. The body does not make mistakes. Everything that happens is a result of the body's supreme intelligence. Holistic health's goal is to attempt to understand what the body is trying to do and to help, (not resist), this process along.

Western Conventional Medical Belief

2. The body creates diseases randomly

Under the Western Medical model for disease it is believed that the body creates diseases randomly. A horrible infection just happens. A headache occurs out of nowhere. A painful PMS attack is a random occurrence.

This belief sets up the blame game. Under the beliefs of Western medicine you are taught to blame your body when bad things happen. It is the doctor's fault or God's fault that this has happened to you. The more you can blame others and institutions outside of yourself the less responsibility you assume.

Disease is thought of as just a group of statistics. "One out of eight women will get breast cancer", you are told. "One out of every six men will develop prostate cancer during his lifetime", is the current statistical analysis. The more you are wrapped in statistics the less you see where the real problems arise from. You continue to hope and pray that you are not one of "those" statistics. You then become suspicious of your own body, often treating it as a foreign oddity.

Under this model of thinking the body is perilously perched on the edge of disease every moment. You continue to busy yourself and try not to think about the possibility that you might be the next victim of an out of control body. The body then becomes your enemy under this way of thinking.



Holistic Belief

2. You create your own disease

Holistic health teaches that much of what happens to you is your own creation. How you eat, how you move, and what you think about will help determine the health of your body.

While there are many outside influences, (like air quality, water purity, etc.) the primary emphasis is that you are responsible for the state of your body. This takes the blaming away from things. Not everyone who breathes in toxic air develops asthma. Not everyone who drinks less than pure water develops intestinal problems. How you respond to outside influences is your responsibility.

"I created this", would be the common phrase from the holistic model. Whether it is a common cold or a deadly disease it does not matter much. Taking responsibility and accepting what you have created is a powerful and deliberate effort to stop blaming.

As you gain knowledge of what you have created you begin to be able to make new choices. Lessons learned help one not to make similar mistakes. As you begin to take responsibility for all

aspects of your physical, mental, and emotional worlds you will better be able to witness how the choices you make determine the health of your body. This is taking responsibility.

Western Conventional Medical Belief

3. The body cannot heal itself

Under the Western medical model intervention is the only option when it comes to disease. The body is not able to heal itself and significant and often radical intervention is required. Drugs and surgery are the primary tools used under this model.

For instance, if your gall bladder were inflamed the most common strategy under this system would be to just remove the entire organ. The patient is whisked off to surgery and the gall bladder is removed. (This is also where the most money is made as well). Medical doctors pat themselves on the back for their gallant efforts. Little effort is undertaken to find natural ways for the gall bladder to heal and come back into balance, (of which there are many).

Disease is usually thought of as a localized issue. For instance, a diseased gall bladder only has to do with the gall bladder. Little effort is taken to investigate how other organs, glands, beliefs, or emotions might affect the gall bladder and might be causing the disease.

With this type of thinking one is powerless and the doctor becomes a “god-like” figure where patients have no other choice except to follow the doctor’s guidelines. As the belief that the body cannot heal itself becomes deeper and deeper embedded in the patient the doctor begins to take on a more significant, (and dependent), role.

Holistic Belief

3. All disease can be healed

Natural medicine has been around for thousands of years with great success. The likes of Traditional Chinese Medicine, (TCM), from China and Ayurvedic Medicine from India are two such long-standing examples. Under these healing systems the body is quite capable of healing itself. In fact, that is exactly what is encouraged most often. Radical intervention is the exception and only used as a last resort.

Under this holistic model a thorough diagnosis of the cause of the disease is gathered and an appropriate attempt to remove the imbalance is procured. Disease can only be healed holistically by removing the cause, (physical, emotional, or energetic), and assisting the body back into balance.

For instance, a traditional Chinese doctor might use herbs and acupuncture needles to unblock a meridian, (energetic pathway), to begin to rebalance the body. The mind and body are treated as one and not separate. A diseased gall bladder would not be surgically removed. Instead, other organs, glands, emotions, and pathways would be investigated that might be contributing to the diseased gall bladder. The body is able to heal itself by strengthening the many relationships between different parts that might be leading to the disease. Disease is recognized as nothing more than an imbalance that can be corrected.

Western Conventional Medical Belief

4. Pain is the problem

Western medicine has declared war on pain. Pain is referred to as “evil” and every attempt is made to numb it out. From over the counter medications to prescription drugs pain management has become big business. Pain is often called a disease in and of itself. Western medicine has created large departments called “pain management” centers and created costly pills in order to suppress the likes of all pain.

This model will do whatever it can to eliminate pain. At times, this can be extremely helpful. If you are in an automobile accident, whisked to the hospital with life-threatening injuries and many broken bones, you are going to want as much medication as possible to numb out any pain. This could be useful in the short-term as your body begins the healing process. Being medicated and numbing out the pain will reduce the distress so your body can heal itself faster.

Unfortunately, this model shows no distinction between short-term and long-term pain management. Solutions for many medical conditions are to keep pumping increasingly larger doses of pain medication into a patient. When one pain medication begins to lose its effectiveness another one will quickly be implemented. Stopping pain becomes the primary goal.



Holistic Belief

4. Pain is only a messenger

While short-term pain management can be a good thing long-term reliance on pain medications is not a good thing at all. Pain is only a messenger that something is wrong and needs to come back into balance. Most people have ignored nature’s warning signs and have numbed the pain out instead.

Here is a good example of how pain can be your greatest gift. Imagine that you are driving down the highway and your “check engine” light turns on. You are in a hurry and you decide to unplug it. You have just unplugged your messenger that informs you that something is wrong. Soon afterwards, your car starts blowing blue smoke out the back end, shudders violently, and then quits in the middle of the road. You have blown your engine. This would not have happened if you did not ignore the warning light.

Pain will do the same for you. Whether it is a headache, backache, or insomnia, you are receiving messages all the time about how your body is doing. The more you reach for pain medications the more you unplug your warning messengers and suppress the signals. This only leads to bigger problems down the road. Reaching for an aspirin every time you have a headache does not solve the source of your headaches. After all, is your body deficient of aspirin?

Western Conventional Medical Belief

5. The problem is where the pain is

Imagine that you have a pain in your knee that will not go away. You go see your medical doctor and he prescribes a pain killer to numb out the discomfort. The medications are effective at keeping the pain at bay so you are satisfied.

Western medicine is a symptom-based system. Treating the symptoms is the primary emphasis. This could be reducing pain levels, lowering blood pressure, or neutralizing excess stomach acid. As the symptoms are reduced or eliminated everyone, (doctor, patient, insurance company, etc.), is satisfied that the problem is solved.

Disease is categorized as a series of symptoms that need to be eliminated. By intervention, either mechanical or biochemical, symptoms begin to be attacked and suppressed. In fact, the primary purpose of drugs is to suppress a natural body reaction, (like pain).

Holistic Belief

5. The source of the problem is often far from where the pain shows up

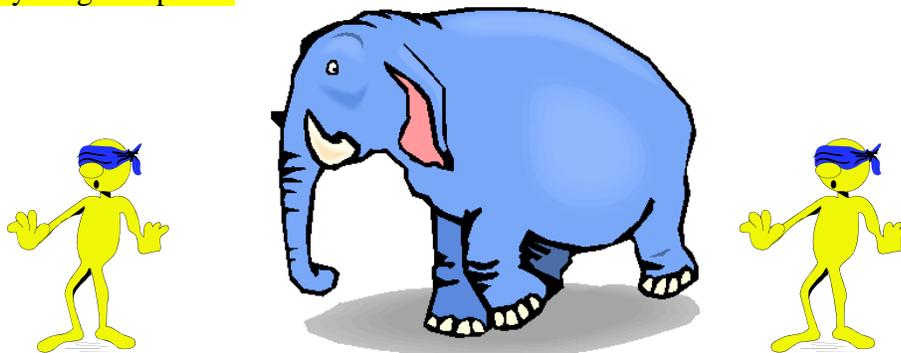
Holistic thinking teaches us that not only is pain **not** the source of the problem but the problem might be far away from where one actually feels the pain. That pain in your knee might be coming from an ankle or foot that is out of balance pulling on the knee joint. High blood pressure might originate from a clogged liver where the body is increasing the pressure in the blood stream in an effort to successfully pass blood through that sluggish liver. Heart disease might not have anything to do with the heart at all. Instead, heart disease could originate from the repressed emotions that one has held back, (like anger or fear). **Why would your own heart “attack” you anyways?**

Pain is only a warning sign that something is not right. That something is most likely not at the source of the pain. The pain signal is only the weakest link in the chain.

Holistic thinking will work backwards like a detective in order to discover the sources leading to the pain. The bigger picture is emphasized in direct contrast to Western medical science which emphasizes the smaller picture.

Western Conventional Medical Belief

6. Everything is separate



Western medicine focuses on the symptoms and seldom the cause. A system like this is broken up into many specialties. No one medical doctor is trained to examine in depth the entire body and mind. Each has his own specialty. A cardiologist only addresses the heart. A gastroenterologist surveys the internal organs. A pulmonologist will be responsible for the lungs.

This is like the story of the six blind men who all have a different part of the elephant to examine. As each touches one particular part of the elephant each comes to understand the elephant differently. Western medicine works much like this. Each organ and gland is regarded as operating independently while not associated with other parts. For example, under this theory it is believed that if you are experiencing heart disease it is because of something going on in the heart.

Western medicine is based on scientific concepts first introduced by Isaac Newton and others. This system came to be known as “Newtonianism”. As matter is dissected into ever smaller pieces the hopes are that the solution can be found. The individual pieces are then studied in their smaller units.

Holistic Belief

6. Everything is connected

Holistic thinking comes from the concept of “wholism”. This idea teaches us that everything is indeed connected. For thousands of years men and women lived deeply connected to nature. They understood how everything in nature was connected. If a stream were polluted this would lead to disease and death. Most understood why it was not prudent to build a home in a flood plain. Nature was a constant reminder of how the body worked as well.

If there is a part of the body that is diseased there is a good chance that other areas are affected as well. In fact, the source of the disease may not even be where you experience the disease. All of the parts of the body communicate with each other. There is nothing that works in isolation. Just like with the six blind men, the elephant is not just a trunk or a tail. It takes an understanding of all the parts in order to grasp the whole.

Holistic thinking strongly relies on understanding relationships. The heart has a relationship with the hypothalamus. The hip has a relationship with the shoulder. An enlarged prostate gland may have everything to do with a clogged digestive system. Under this premise everything has a relationship with everything else.

Western Conventional Medical Belief

7. Drugs and surgery are the only solutions

Despite a host of treatment options, drug therapy and surgery remain the primary treatment choices of medical doctors practicing Western medicine. When you present your symptoms to a doctor he will immediately write you a prescription for a drug or schedule you for surgery. Natural healing methods, like teas, herbs, vitamins, and minerals most likely will be ignored. You might be reprimanded and shamed for visiting a natural health provider. Only your doctor’s drug therapy and surgical intervention are likely to be allowed.

One would have to ask, “How did this archaic and limited system begin in the first place?” It was in 1909 that the Carnegie and Rockefeller families sent a man named Abraham Flexner to visit all the medical schools in America to see what was being prescribed. At this time a variety of health care was available. This variety included chiropractic, herbalism, naturalopathy, midwifery, and others. Flexner reported back and published the infamous **Flexner Report of 1910**. From this report only the schools practicing drug therapy and surgery would be funded. (By the way, the Rockefellers were already in the business of selling drugs and this was an easy way to promote their own products and boost their own profits).

At this time it was impossible to operate a medical school without outside funding from philanthropic organizations, (like the Rockefeller and Carnegie Foundations). As a result only the white male schools were able to survive. It was the goal of these two families to elevate medical doctors to an elite, white male group. All the black and female medical schools were forced to close down.

The same system continues to this day. As medical doctors continue to pursue their drugs and surgery only approach to medicine other natural options are either scorned at or declared illegal. Pharmaceutical companies soon merged with medical doctors in hopes of forming a monopoly on health care. In fact, most doctors receive a free copy of the *Merck Manual* each year. This is a book that describes the appropriate use for each drug. Merck is a drug company. This is a definite conflict of interest. The other book used by most medical doctors to treat disease is the *PDR*, (*Physicians Desk Reference*). This is not a handbook on health but another drug book. Drugs and surgery are the primary choices because that is what makes money.



Holistic Belief

7. Drugs and surgery should be considered the last choice

Drug therapy and surgical intervention can be important life saving techniques, especially in emergency situations. However, drugs and surgery are now being used as the primary treatment choices in Western medicine. This is because they make money.

In America, health care is a commodity that can be bought and sold to the highest bidder, (like oil, corn, soybeans, gas, etc). Synthetic drugs made in factories can be patented, allowing their exclusive sale for up to 20 years. Some drugs make over 1,000 percent profit on what it cost to manufacture that drug. Herbs and most natural products cannot be patented so there is very little profit. Because there is no profit to be made by most natural products Western medicine chooses to ignore or condemn them.

While most emergency departments in hospitals will actually lose money, the surgery department becomes one of its biggest money making commodities. This encourages surgeries for nearly everything. While some surgeries can be extremely beneficial, most occur just to make money. For instance, nearly 35% of all births in the United States are cesareans. This is because there is much more profit in delivering a baby surgically. This practice has nothing to do with the safety of the mother and child. The risks are far greater for a cesarean birth.

The side affects from surgeries and drug therapy are enormous. While natural therapies carry very little side affects, Western medical treatments cause just as many deaths as they might save. For instance, nearly 20 percent of people who have surgery after a broken hip die within a one year period. They usually die from either pneumonia or a blood clot due to the medications required after surgery.

Natural therapies should always be considered as the first choice because they carry few side affects, are far cheaper to administer, and support the body's natural way to heal.

Western Conventional Medical Belief

8. Emotions and beliefs have nothing to do with disease

Western medicine has invested in the idea that your biochemistry is what makes one healthy or diseased. In other words, if you cannot see it under a microscope it does not exist.

Under this premise what you think about and how you feel have little to do with what happens in your body. The body and the mind are considered separate entities and have very little to do with each other. If you cannot fix it by drugs or surgery then there are no other solutions.

This model teaches us that if someone was diagnosed with an “incurable disease” and miraculously was healed it was because he was “misdiagnosed” in the first place and did not have what was believed to be an incurable disease to begin with. By denying that a disease had actually existed Western medical doctors do not look like failures when they cannot explain something.

Cancer rates have continued to remain the same for the last 50 years despite more and more drugs being produced. Spinal cord paralysis still cannot be healed with drug therapy. The only choice for burn victims is surgical grafting of tissue taken from other parts of the body. Your mind and your emotions do not play any part in this type of system. Hospitals are filled with people who have physical diseases because they often have an imbalance in their beliefs or their emotions. Western medical science gives this little emphasis because it cannot be measured scientifically. There is no blood test to measure worry or emotional distress.

Holistic Belief

8. Emotions and beliefs have everything to do with disease

A holistic system teaches that there are many ways to heal. Often these ways are non-conventional and cannot be measured scientifically. These methods work by teaching you how to change your beliefs to align with the right attitude and learn how to free your emotions.

Prayer has been used for a quite some time to enhance healing. Visualization and tapping into the power of the mind have become important steps in this journey. These techniques are not taught in the average medical school where surgical and drug classes take precedence.

Many people are killed just by the diagnosis itself. A medical doctor telling a patient that there is little hope for recovery will do more harm than the disease itself. When a patient is offered no hope his body will respond most negatively. **Despair is deadly.**

Disease most often begins in the mind. As mental patterns are off the physical body will follow. For instance, there are certain personality profiles for specific diseases. A person with cancer usually has much emotion that he has repressed, (especially anger). He is not very good at taking care of his needs and often focuses on the needs of others. This, and other physical diseases, can be seen in the emotional patterns of the individual. Healing takes place when these beliefs and emotions come back into balance.

Western Conventional Medical Belief

9. Disease is only about biochemical deficiencies

Conventional medicine has come to believe that all disease is a result of biochemical deficiencies in the body. This includes both physical disease and mental disease. The body is lacking in something so medical doctors will prescribe a pill to suppress a normal body function. If you are diagnosed with diabetes under this belief system it is because your pancreas is not

producing enough insulin. Depression is thought to be a lack of serotonin in the brain. Heart disease is thought to be caused by a deficiency in “good cholesterol” in your blood.

As you might imagine, only measurable biochemical material is considered when determining disease. If it cannot be seen and measured then it does not exist.

Holistic Belief

9. Disease is a result of an imbalance in the body

The holistic model of disease teaches us that biochemistry is certainly one aspect but it is not the only aspect. There are many variables that are considered. What you think about and how you feel become important factors to consider. How other organs and glands relate to each other becomes important. One’s physical structure is often considered.

For instance, a thyroid issue may have nothing to do with a thyroid gland at all. An imbalanced pituitary or hypothalamus gland might be the original cause. A sinus condition might originate from a sluggish liver. An enlarged prostate gland might be caused by a toxic colon. Everything is related under this system and one’s biochemistry is not the only aspect taken into account.

Disease is the result of one or several imbalances in the body. This might be a physical imbalance, (like breathing in polluted air), or an emotional imbalance, (like holding onto one’s anger). Resentment will kill one much faster than any virus. As these imbalances grow they begin to affect many other areas. As each imbalance is corrected homeostasis, (balance), is restored.

Western Conventional Medical Belief

10. You are not responsible for what your body has created

The Western Allopathic medical model teaches that you are not responsible for what happens in your body. Disease just happens by chance or an angry God is punishing you. You are taught that your number has been selected and it is your turn to get a major disease. This system only sets you up to be a victim.

Western medicine is a “**victim conscious**” system. Everyone else is to blame except yourself. As a victim you have little power and are subject to the men and women in the white lab coats to tell you what to do. The American Medical Association, (AMA), has lobbied for the past fifty years for the general public to stop trusting in themselves and place all of their responsibility onto their doctor for their health.

By not being responsible for what your body has created you often become disconnected. You are stuck in the mindset of confusion as you try to understand why this has happened to you. Western medicine continues to foster disempowerment, blame, and mistrust.

Holistic Belief

10. You are responsible for everything your body has created

Everything that happens in your life is your own creation. Your radiant health or diseased state is your own creation. You are the creator of your own reality by the thoughts you think, the emotions you choose to feel or not feel, and the actions you take. Nothing happens by chance.

The good news is that if you could create it you could also change it or heal it. When you believe in the power of your own creations you begin to believe in your ultimate power to create

from within. The state of your health is a reflection of the state of your mind. The more you become clear in what it is that you are thinking the more your health will continue to improve.

Self-responsibility gives you power. You have the power to make choices. You have the power to continue the same direction or change directions in your life. The holistic model helps to create a sense of self-empowerment as self-responsibility is reinforced.

Western Conventional Medical Belief

11. Your medical doctor knows best

In the Western culture doctors are treated like “gods”. They can do no wrong. They are seldom punished for causing their patient’s harm or death with their drugs and medical procedures. The media adores and worships doctors as they continue to be elevated on their pedestals.

Most people turn to their medical doctor for advice on all types of topics from health to marriage counseling, exercise to nutrition. There is an extremely high regard placed on the trust of a medical doctor and his opinion is seldom questioned.

You are often discouraged to get a second opinion about an illness or procedure under the banner of Western medicine. This would only put into question your trust of your doctor’s knowledge. Even when you do get a second opinion it is usually from a colleague of your own doctor-someone who was trained at the same schools to think the same way and most likely has a similar opinion.

There is often a blind sense of loyalty that exists between a medical doctor and a patient. Doctors are not used to being challenged and will often discourage dialog with a patient. The doctor’s words and opinion must never be questioned, according to the unspoken rules.

The common myth is that medical doctors are trained in health care. They are not. Medical doctors are trained in “**disease care management**”. There is very little training that goes on in a medical school when it comes to health care. For instance, 94 out of 100 medical doctors never take a single course on nutrition while in medical school. The ones that do take a nutrition course only do so as an “elective”. Yet most people go to their medical doctor for advice on nutrition.



Holistic Belief

11. What your medical doctor tells you and does for you may kill you

It might surprise you to learn that the second leading cause of death in the United States, (behind #1 Stress), is Western medicine itself. Yes, doctors, nurses, hospitals, and allopathic medicine kill hundreds of thousands of people each year in the United States alone. Thousands more die worldwide from Western medical drugs and treatments. Despite this alarming death rate most people continue to go to their medical physician for advice and treatment.

For instance, the most common killer of Western medical patients is the drug **Coumadin**. This drug is prescribed to hundreds of thousands of Americans each year as a blood thinner with potentially lethal side effects. Non-lethal herbal formulas exist that do the same thing without the side effects.

Nearly 100,000 Americans die each year just from infections they catch while in the hospital itself. While medical doctors continue to prescribe their drugs at record numbers Americans continue to succumb in record numbers as well.

For instance, most medical doctors recommend that their patients receive the highly publicized **flu shot** every year. What your doctor does not tell you is that this highly toxic shot contains mercury, formaldehyde, radiator fluid, (ethylene glycol), and other toxic substances. This shot does nothing to prevent the flu but does quite a bit to weaken your immune system.

A medical doctor's advice is often deadly. While often regarded as one of the smartest groups of professionals, one might want to rethink that belief.

Western Conventional Medical Belief

12. It must be genetics

The latest craze in Western medicine is the belief that genes are responsible for all of our diseases. Billions of dollars have already been spent to research this field. Medical labs, university research facilities, and biotech companies are all scrambling for research dollars to cash in on the latest wave.

Under this theory your genetic structure holds the key to how your body operates. Genetic material that has been passed down from generation to generation is the foundation for this scientific frontier. **While genes can be responsible for a person's hair and eye color relying on the gene profile to predict behavior or disease is a flawed way of thinking.**

We are often misled by medical scientists into believing that a genetic link has been found for everything from breast cancer to schizophrenia and beyond. We quickly learn upon closer scrutiny that the genetic fanfare is nothing more than hollow words designed to grab the media's attention.

If a disease has an unknown origin it is often claimed to be due to genetics. From addictions to mental health issues, personality quirks to blood disorders, the common ground these days is to place the blame on your genes. The wave of the Western medical future is in genetic research. Not surprisingly, that is also where there is a lot of money to be made. From mega biotech corporations to insurance companies trying to screen their potential enrollees genetic labeling is becoming quite the economic gold rush.

Holistic Belief

12. Genetics are rarely at fault

Genes have very little to do with health under the holistic model. The gene theory is another extension of the germ theory first popularized by Louis Pasteur in the late nineteenth century. The germ theory stated that germs caused disease. What Pasteur even admitted himself on his death bed was that germs do not cause disease. The environment in which the germ sits is responsible for the disease. A healthy environment will not allow the germ to prosper while a diseased environment will let the germ grow.

Gene theory springs out of this model. Noted molecular biologist Bruce Lipton has shown that it is not the inside of the gene that causes the gene to turn "off" or "on". It is the environment in which the gene sits that is responsible. The gene is responding to its surroundings. Medical scientists are spending billions of dollars trying to investigate the inside of a gene and altogether ignoring the outside environment.

There are a handful of diseases that have shown a strong hereditary link. This could be sickle cell anemia or cystic fibrosis. However, the genetic misfiring is only a symptom of other associated factors and is not solely predictable in and of itself. While genetic patterns can be seen from parent to offspring it is not the gene that is causing the disease. Rather the environment that supports the gene is responsible. This could be in the fascial system, emotional body, or belief system.

Western Conventional Medical Belief

13. Science is the only truth

Western conventional medicine has placed its backbone behind the workings of science. This decision has come to monopolize the thinking and procedures of medical practices. So what is science?

Early scientific thinking originated from Socrates, the Romans, and Greeks. Centuries later, Renee Descartes began a trend in thought that established the idea that by breaking matter down into smaller structures one would find the answers. This approach came to be known as “mechanism”. Isaac Newton came along and added the laws of gravity and other physical laws. Frances Bacon added his process of conducting and analyzing experiments. Laws of physical science called “physics” soon began to emerge.

The emerging field of Western medicine grabbed onto this early scientific belief system. Pills and medications soon replaced herbs and minerals. Laboratory products came to replace natural medicine. The art of medicine soon became the “technocracy” of medicine. Instead of intuitively searching for a cause a medical doctor was now supposed to prescribe a pre-auditioned recipe for health written about in a pharmacological journal based on the symptoms presented. Medical doctors soon lost their “**art of medicine**” and became “**medical technicians**”. Knowledge of how to best treat a disease came from a pamphlet dropped off by a drug company representative. Most doctors claim they are too busy to fully investigate the treatment of diseases. Thus, they place their trust in the drug companies for their knowledge.

All other forms of natural healing become suspicious or attempts are made to outlaw them. Natural products cannot legally claim they have any medicinal value. These products must be called “supplements” and are not necessarily approved by the FDA. Natural practitioners often are not allowed to claim that their techniques have any ability to guide the body in healing and their products must be presented with warning labels declaring that they are “nutritional supplements” or just for “informational purposes” only.

Only rational thought could heal disease and anything that was not scientifically “proven” would be approved by governmental agencies that establish guidelines in health (FDA). Anti-holistic health vigilante groups soon began to appear to protect the rational of scientific drug-based Western medicine. These staunch advocacy groups have attempted to attack natural healing and label many practitioners as “quacks”. **It is ironic to think that with scientific Western medicine killing hundreds of thousands of Americans every year, who are the quacks anyways?**

Holistic Belief

13. Science is only one source of truth

Science can offer us such wonderful devices like CAT scans and life-saving emergency antibiotics. While medical science has certainly been able to add much to our understanding of the

human body and at times can play a pivotal role in emergency and crisis situations, medical science is not the only form of health treatment.

Natural medicine has been around for thousands of years and has successfully healed many. Ayurvedic medicine from India and Traditional Chinese Medicine have been around for over 5 thousand years each. Western medicine has barely existed for more than 150 years.

Many people heal each day without the use of Conventional Western medicine. There is no science involved. No blood tests. No x-rays. No doctor's visits. No medications. Natural medicine supports the body in healing itself. This is done with plants and minerals, energy and rest.

Science has attempted to quantify our lives. For example, the current scientific medical myth states that cholesterol causes heart attacks. This is what the scientific model has forced on us. While there is no accurate scientific evidence to substantiate this claim the scientific medical community continues to promote this idea. Follow the money trail and you will understand why this is. There is quite a lot of money to be made with cholesterol lowering drugs. Is it any wonder why most refuse to relinquish this absurd belief?

There are many cultures that consume far more cholesterol than Americans with little or no heart disease. The scientific classifications of disease are often mistaken but most people have not sought out an answer outside of science.

Science is essentially a closed system and struggles to allow other ideas to coexist. Often science acts like a modern day "witch hunt" or "Inquisition". Because it is a rational-minded approach to life, much that is non-rational in approach, (like nature based wisdom), is rounded up and banished.

Science is a rational based system that fears characteristics of the "feminine aspects", nature, and intuition. For instance, there are many stories of heart transplant recipients having dreams that can be associated with their donor. These new hearts carry the energy and memories of those who originally possessed the heart. Scientific medicine often diminishes such things and commonly treats the heart as just a stupid pump.

Western Conventional Medical Belief

14. The mind and the body are separate

As Western medicine has continued to evolve its core premises remain the same. One of these core ideas is that the body and the mind are separate. When one goes into a medical doctor's office seldom is the mind addressed. Most often the patient will recite a list of symptoms and the medical doctor will prescribe one or a number of drugs to suppress those symptoms. The beliefs, feelings, and turmoil that might be present in the mind are rarely addressed.

The medical model is based on the **Cartesian theory of Renee Descartes**. This idea states that everything is separate and can be dissected into ever smaller pieces. Mental problems do not affect the body under this theory. Disease is limited to biochemical imbalances and those biochemical imbalances need to be corrected, according to this theory. Only particles that can be viewed under a microscope and measured in a blood test can have value. A person's state of mind is altogether ignored.

Holistic Belief

14. The mind and the body are intimately connected

Most disease begins in the mind or has a strong correlation in the mind, according to the holistic model of health. The mind and the body are intimately connected and the non-physical is often responsible for what the physical is doing.

Holistic healing requires getting in contact with one's state of mind. Your thoughts are responsible for the state of your physical health or disease. They are not separate. For instance, work with placebos has been very effective in proving this theory. A placebo is a substance with little or no physical healing ability but the patient is told that it is a special drug or formula that is going to heal him. As the patient places his trust in the placebo, (often a sugar pill), the body remarkably begins to heal. What we believe in we tend to create. Those who continue to worry about getting a horrible disease often create it. This is the power of the mind at work.

Western Conventional Medical Belief

15. The body's parts wear out and need to be replaced

The Western medical system is invested in the idea that body parts wear out and need to be replaced. The irony is that guess where all the money is made? Replacing body parts, whether it is a failing heart, diseased liver, or eroded hip, is where much of the money is made.

According to a Kaiser Permanente newsletter, (Spring 2006), there were over 21,000 organ transplants in 2005 in the United States alone. There were also over 90,000 people on the waiting list hoping to be next in line for a transplant. Unfortunately, many of those people died while waiting because they were told that the only way to heal their diseased organs was by replacing them with salvaged organs from those who had recently died.

There were also over 170,000 hip and knee replacements in 2005 in the United States. This number is expected to triple in the next 10 years as the population ages and continues to believe in the Western medical system that reinforces the idea of body parts wearing out on their own.

The medical system blames age on many of your problems. You hear a lot about age-related hearing loss, vision loss, joint problems, and arthritis, etc. You are told to blame your aches and pains on age. Yet there are many people of advanced age who have great vision, perfect hearing, etc. So how can age be a factor? It is not. This is called "**unconscious aging**".

Holistic Belief

15. Replacing the parts is the last option

When correctly supported the body will heal and support all imbalances. Replacing body parts should only be a last option, (like in a traumatic car accident where a spleen might be completely beyond repair). The body is made up of billions of individual cells that keep replacing themselves every day. The ability of the body to heal a toxic gallbladder or diseased heart is no secret. This method just does not make much money to do so holistically. Holistic healing often takes more time and requires more patience.

Replacing body parts is all about the profit to be made. Most joint issues can be remedied with physical therapy, bodywork, and a committed yoga or expansive movement practice. These are much less costly approaches but it does require more self-responsibility on the part of the patient.

Most organs can be healed with the appropriate amount of holistic treatments. These treatments might include nutritional supplements, cleansing, energy work, and emotional balancing techniques. For an organ to fail it often means that there is an imbalance someplace else in the body/mind connection. Organs rarely act in isolation. For instance, a diseased lung may be associated with digestive disorders. Only holistic treatments and analysis are able to discover such causes.

Western Conventional Medical Belief

16. Medical doctors are great role models

We are looking for role models in our lives. We like to be taught by example. What is working and what is not working? Words don't necessarily teach but an example is often far more powerful.

Medical doctors are often looked up to in our culture. They hold an elite status and have supreme respect. (This is unlike other countries, like Russia, where a medical doctor might be on the same level as a teacher. They are not necessarily looked down upon but not elevated to a "God-like" stature.)

Medical doctors, for the most part, are paid very well and hold a higher status in American culture. They are often perceived as the holder of supreme knowledge and relied upon as intellectuals. Most people look up to medical doctors. They respect their opinions and value their stand on issues. If a medical doctor is engaged in something, whether it is a form of exercise or a nutritional program, many believe that it must be a good thing. It is believed by many that medical doctors cannot be wrong. Many marketing campaigns use medical doctors as their spokespersons for this very reason. Whether it is a new piece of exercise equipment or the latest designer drug a medical doctor wearing a white lab coat will grab a lot of attention.

Holistic Belief

16. Medical doctors are poor role models

The sad reality is that medical doctors are a very poor role model as a group. While there might be notable exceptions most medical doctors should not be put on a pedestal to be emulated. They have a hard enough time just taking care of themselves. For instance, Dr. Dean Ornish, himself a medical doctor, states that medical doctors have the highest rates of suicide of all professional groups. (*Dr. Dean Ornish's Program For Reversing Heart Disease*). For the most part medical doctors are not trained to be introspective and do not learn how to deal with their own stress. They are some of the most workaholic groups of people one could ever meet.

In addition, Fritjov Capra states in, *The Turning Point*, that medical doctors as a group have the highest rates of divorce, alcoholism, and prescription drug abuse of all professional groups. Is it possible that if smoking were still fashionable medical doctors would top this list as well? Also, medical doctors die prematurely with a lifespan some 10 to 15 years less than the average American, this according to Capra.



One might think twice before choosing to model oneself after most medical doctors.

Western Conventional Medical Belief

17. Western medicine offers excellent health care

When most people in America are sick they go see their medical doctor or to a hospital emergency room. A battery of lab tests and x-rays are taken to determine what is happening in the body. The men and women in the white coats are expected to diagnose and fix your problem. “High tech” medicine has come to your rescue.

Nearly 2 trillion dollars is spent each year on health care in the United States alone. More and more sophisticated machines and tests are being developed each and every year. This is the most money spent for health care per capita than any other country.

More and more diseases are being detected each year. The good news is that fewer people are dying from diseases like cancer because of education and early detection.

Holistic Belief

17. Health care is seldom found under Western medicine

The alarming news is that cancer rates have not changed in over 50 years, despite the billions of dollars spent on research. Just as many people, (or more for certain cancers), are developing cancer than were 50 years ago. The United States does not have a health care system under the umbrella of Western medicine. Instead, we have a “disease care management” system based on drugs and surgery.

We place our faith in an HMO or insurance company to provide the best care possible. We often find that our claims are denied because it does not make good financial policy for our health insurer to provide us with that service.

We place our trust in drugs from the pharmaceutical industry to make us feel better. Little do we realize that the scientific tests that were conducted to approve these drugs were tested in the best case scenarios and the tests that failed were never included in the final report to the FDA. Most people taking drugs are actually guinea pigs for the drug companies. The FDA, (the government agency in charge of looking out to protect the consumer), is now more interested in maintaining the profits of the drug companies than curtailing harmful drugs. There is little product safety when it comes to the FDA.

Often, the medical doctor will not know how to treat or cure an illness with the tools he has been taught in medical school. This is called idiopathic illness. Often, a medical doctor, nurse, technician, or hospital staff will cause more harm to the patient. This is called “iatrogenic”. Currently, Western medicine is the second leading cause of death in the United States with nearly 783,936 victims each year. (This fact comes from Gary Null at GaryNullforum.com). Just the fact that at least 7000 deaths each year are caused by sloppy hand writing of prescriptions from doctors is enough to alarm anyone. More and more hospital trips are being made each year by Americans than ever before.

With all this money spent on high tech medicine the **United States currently ranks 37th in the world in infant mortality rates**. One would think that with all this money spent that Americans would live the longest. Not so. Currently the **United States ranks at #46 as far as life expectancy** goes.

Western Conventional Medical Belief

18. Symptoms are treated

A symptom is a warning sign that something is out of balance. When you choose to take a drug to eliminate that warning sign you not only do not correct the problem you often make it worse. This is how Western medicine operates. Symptoms are treated and seldom is the cause of disease identified. The purpose of this type of medicine is to treat the messenger, (like pain) as the problem and continue to ignore the cause. While it appears to have great initial success, (people report that their pain is reduced, etc), long-term consequences often develop. Parts are replaced because this practice earns doctors more profit than to rehabilitate a diseased body.

Holistic Belief

18. The cause of disease is identified and cured

The holistic model teaches you that the symptoms are not to be feared; rather, they ought to be listened to. Whether it is pain, swelling, or fever, the body is attempting to self-heal if you would support it in doing so. When you can identify the symptoms and help the body teach you what it wants then you are practicing holistic medicine.

The body does not do anything by mistake. There is a very good reason why it is doing something. Once you can investigate the origin of the body's actions you can find the cause. The symptoms are just a reflection of a deeper imbalance. The cause might originate in the body, mind, or emotions and spread to other areas.

Western Conventional Medical Belief

19. Fear is the primary motivator

Death by diagnosis is one of the most common causes of death in the Western medical model. You experience a number of symptoms and go visit your medical doctor for a diagnosis. You are given a series of statistics about your odds of survival. Often you are told that there is no hope so you are expected to go home and die. Fear and hopelessness has taken over. Fear is used to keep the public plugged in.

The public is also persuaded to donate their own money for "charity" fundraisers and pressure their congressmen for government money to be allocated to drug research and genetic pioneering through the use of fear. It is common for celebrities to appear before congress to continue the fear campaign of promoting Western medicine.

Statistics and mathematical equations become the guidepost. One is measured by other's experiences and fear is used to predict the outcome. You are reminded over and over again how others in your family might have been and your odds of surviving are based on their choices. (This is called family heredity). If you veer from the prescribed path of drugs and surgery, (along with radiation for most cancers), you are surely foolish. Many are often told that if they go off of their medications horrible things will happen. Doctors use fear as a tool to enroll you in their game plan.

Holistic Belief

19. Hope is the primary motivator

Holistic care is based on hope and self-empowerment. If you have been unfortunate enough to have developed an illness or disease it is just an indicator of an underlying imbalance in your mind or body. There is always hope and there are a myriad of possibilities.

Searching for the misplaced belief or the physical imbalance becomes the journey. Stories of people miraculously getting better after a 10-day detox cleanse become normal. In one particular case, a woman passed a toxic green ball of herbicide that was stuck in her colon. Years earlier, she had accidentally been poisoned by this drug and only after passing the green sludge did her body come back into balance.

Story after story of hope and healing come to us from the world of holistic healing. Side affects are minimal and cures are possible. Belief systems begin to transform back to trusting the body to come back to “homeostasis”. Normally one is not measured against others’ choices but each case is taken individually because each person has a different story to tell. Statistics make no sense and there is no room for odds. Hope and unlimited possibilities are the norm.



Conclusion

When it comes to health and health care there are many possibilities. While Western medicine offers us some very important life-saving tools when it comes to emergency medicine and crisis care, there is very little “health care” found under the Western medical umbrella. If you want to practice health care, (instead of **disease care management**), you will have to search along the lines of holistic therapies.

If the body and mind are smart enough to create a disease they are certainly smart enough to heal from any disease. While you can offer drugs, herbs, treatments, and input, ultimately the body heals itself. Your support is crucial in this matter. **There are no incurable diseases.** Just as nature will always right an imbalance, so can you.

Where do you begin?

Body
Mind
Nutrition
Cleansing
Movement
Rest
Relaxation
Supplements

Common Mistakes in Healing

1. Spend your own money

Many people depend on their insurance company to protect them and take on any expenses. This is really saying that one is not willing to take responsibility for his or her own healing.

2. Don't give up

A common mistake that many make is to give up too soon. The sicker one is the more changes might need to be made. Often frustration and impatience develops before signs of healing can take place.

3. You must do enough

Healing can become a journey in itself and require much time and effort. If one is not fully committed to what it takes to heal you might not see the results you desire for some time. Most people get out of their healing experience what they put into it.

4. Stop doing what made you sick

It is one thing to want to get well but if you do not change what made you sick then it is often very difficult. Taking a few extra vitamins but continuing to smoke cigarettes is one example of someone who is not willing to let go of what makes one sick. This could be on a physical, emotional, or mental level.

5. Stop relying on drugs to suppress symptoms

A common misconception is that if drugs take away the pain or eliminate a symptom the problem is cured. Unfortunately, this is rarely the case. Drugs commonly stop a normal body process and rarely get to the cause of an illness. In addition, drugs carry tremendous side effects and often become deadly in and of themselves.

If you are sick, what should you do?

1. Investigate your beliefs
2. Explore what made you sick
3. Stop doing what you are doing that made you sick
4. The sicker you are the more you might need to change
5. Stop suppressing symptoms
6. Start listening to your body
7. Stop distracting yourself
8. Start trusting in your body's ability to heal itself
9. Seek support and counsel from those who believe in holistic healing
10. Seek knowledge
11. Avoid negative thinking
12. Make a commitment
13. Have patience
14. Have a plan
15. Follow the plan

16. Take responsibility
17. Invest your own money into getting well

Resources

Books

The Heart's Code, Paul Pearsall, PhD.
The Turning Point, Fritjov Capra
Dr. Dean Ornish's Program For Reversing Heart Disease, Dr. Dean Ornish
Discovering the Body's Wisdom, Mirka Knaster
Quantum Healing, Deepak Chopra, M. D.
BodyWise, Joseph Heller and William Henkin
Healing Myths Healing Magic, Donald M. Epstein
Bodywork, Thomas Claire
The PH Miracle, Robert O. Young and Shelley Redford Young
Radical Healing, Rudolph Ballentine, M.D.
Rockefeller Medicine Men, E. Richard Brown
Wall of Silence, Rosemary Gibson
Racketeering In Medicine, James P. Carter
Modern Medical Mistakes, Edward C. Lambert
Under the Influence of Modern Medicine, Terry A. Rondberg
Natural Cures "They" Don't Want You to Know About, Kevin Trudeau
The Turning Point, Fritjof Capra
The Truth About the Drug Companies, Marcia Angell, M.D.
The Big Fix, Katherine Greider
Death by Prescription, Ray D. Strand, M.D.
You Don't Have to Die, Leon Chaitow, N.D. and James Strohecker with the Burton Goldberg Group
Shamans, Healers, and Medicine Men, Holger Kalweit
Rethinking Pasteur's Germ Theory, Nancy Appleton
Ageless Body Timeless Mind, Deepak Chopra
Exploding the Gene Myth, Ruth Hubbard and Elijah Wald
Your Body Speaks Your Mind, Debbie Shapiro
The Healing Power of Illness, Thorwald Dethlefsen
The BodyMind Workbook, Debbie Shapiro
The Biology of Belief, Bruce Lipton PhD.
The Law of Attraction, Esther and Jerry Hicks
You Can Heal Your Life, Louise Hay
Alternative Medicine: The Definitive Guide, The Burton Goldberg Group

Web sites

GaryNull.com

Dr. Schulze Incurables Program (herbdoc.com)

Mercola.com

Thedoctorwithin.com

David Getoff (naturopath4you.com)

Price-Pottenger Nutrition Foundation (ppnf.org)

Network Spinal Analysis (associationfornetworkcare.com)

Neuro-Emotional Technique (NET) netmindbody.com

North American Homeopathic Association (homeopathy.org)

American Chinese Medicine Association (americanchinesemedicineassociation.org)

AMFI-Ayurveda Resource Guide (amfoundation.org)

American Association of Naturalpathic Physicians (naturalpath.org)

Upledger.com

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