



Personal Health

What Are the Main Causes of Disease?

What is Healthy?

What does it mean to be healthy anyway? Is it the ultimate bodybuilder on steroids in order to achieve physical perfection? Is it the individual that cannot make it through the day without 15 prescription drugs? Health has been stated as a state of complete physical, mental and well-being and not merely the absence of disease.

Being healthy is about being in balance. Balance = Wellness.

Did you know that your body is capable of restoring, protecting and defending itself against the effects of injury and disease so you can achieve optimal health and enjoy a better quality of life!

That being said let's look at what some of the main causes of disease are and ways we can avoid disease. ☺

What is Disease?

Diseases: All diseases are dysfunctions of your bodily and cellular systems.

To restore optimal health you need to understand the root of what causes disease.

Restore and Rebuild

The fastest way to restore your health and wellbeing is to stop doing the things that have caused the physical problem to develop in the first place and then provide your body the **nutrients** that you are missing so your body can restore and rebuild itself back to optimal health the way it was designed to.

The use of **supplements** is expected to dramatically increase as we progress into the next century. Contemporary medicine has taught us well how to manage acute conditions that demand immediate intervention. Let us not forget that **nutrition** is also a vital component of health. It is important to preserve the best of what medicine has to offer and, at the same time, integrate new, and old, nutritional discoveries.

Did you know that 80% of American children and 68% of American adults fail to consume the recommended amounts of fruits and vegetables each day?¹ Antioxidant vitamins and minerals have received immense attention because of their important role in disease protection. The overwhelming majority (roughly 90%) of chronic diseases are not inherited, but result from environmental damage to cellular DNA or cellular processes. Each individual's nutritional status is known to be a critical component for protection from development of some diseases, including atherosclerosis and some cancers. Decreased immune function has been shown to be counteracted with dietary antioxidant supplementation.¹ You need to understand what your immune and cellular systems require so you can learn how to rebuild your immune system.

We are losing the health care battle everywhere else. Chronic degenerative diseases afflict over 120,000,000 Americans. Fifty plus million more suffer from one or more auto-immune diseases. Antibiotic resistant infections are now increasing at an alarming rate. We have finished mapping the human genome, but we still don't have any cures or even treatments for genetic disorders.

Approximately 90% of the medications prescribed can only help to suppress the symptoms of the disease, with no ability to actually kill or fix the disease.

Yes, we do realize that without those medications, some of you reading this would not have the improved quality of life, and, in some instances, wouldn't even be alive today. Though we must still recognize the limitations of symptom-suppressive medications and that the cost/ benefit ratio is getting more costly. Properly prescribed prescription drugs are now the No.4 cause of death in the U.S. Every disease category is increasing; and even worse, are now occurring at younger ages.

Looking Closer at the Causes of Disease

Why Do I Get Sick? Why Do I get disease? When you get a stuffed up nose from a cold, it's not the cause of the cold it's a symptom. Symptoms alert you that something is not right in your body. They are not the cause of illness or disease. A heart attack is not the cause of heart disease it's a symptom. More often than not it is the last symptom.

If you were to get or already have cancer, a tumor is not the cause it is a symptom of a very serious problem in your body. Have you ever really thought about what causes disease and why some people get cancer while others get heart attacks or why some people have debilitating disorders such as arthritic conditions, MS, Lupus, asthma diabetes, chrones and numerous other conditions.





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You know, you are probably aware that health care is dramatically shifting. But, we hear about it so much today through every conceivable media source that we are almost inoculated against it. Few of us realize how significantly things are changing and we falsely assume that it has always been this way... reality is, things are not getting better.

- *When you pick up the newspaper and read about the state of our health does it seem right to you? **NO***
- *Does it make sense that the disease incidence is increasing at alarming rates? **NO***
- *The number one reason people visit the emergency room today is **asthma**.*
- *On average one in three babies born today will develop **diabetes** at some point in their life.*
- *Prior to 1990 autism affected one out of every 10,000 and today it is **one out of every 150**.*

Something has gone wrong. We are living in the midst of difficult times, which brings a myriad of challenges. Have you ever thought about why disease conditions are rising at an alarming rate and why children are getting disorders like cancer, diabetes, ADD, asthma and many others at younger and younger ages?

So what is the cause, could it be that the cause for every disease is similar? There are several factors and many of these factors are in your hands, you can control them.

- Heart Disease is the leading cause of death in America
National Center for Health Statistics
- Arthritis incidence expected to rise 40% as "Baby Boomers" age
Centers for Disease Control
- Autoimmune Diseases affect 1 out of 5 people in U.S.A.
American Autoimmune Related Disease Association
- Cancer is the second-leading cause of death in U.S.A.
National Center for Health Statistics
- Multiple Sclerosis affects over 300,000 Americans
National MS Society
- Pharmaceutical Drugs account for 100,000 deaths and \$136 billion in medical costs each year in U.S.A.
Time Magazine, January 15, 2001

Too many people are relying on their doctor to fix them, and too many people are waiting for a symptom before they are concerned about it. There are many people out there who do not exercise either due to motivational problems or ignorance of what is actually required in terms of time invested to achieve meaningful results. They rationalize by making excuses about not having enough time or not being able to afford a gym membership or exercise equipment.

This simply is not true.

The amount of training time necessary to dramatically improve one's physical condition is far less than what most people have been led to believe; at the most one hour to an hour and a half per week, and in many cases considerably less. There are few people, if any, who cannot schedule 30 to 90 minutes of their time each week for something so important.

Can't afford it? **Wrong. You can't afford not to exercise.**

Who is paying the price for being sick?

You are, your family is, your friends, your co-workers, your neighbors and every other person you can think of.

Heart disease is the No.1 cause of death in the country. In 63% of the women, and 50% of the men, the first symptom will be death which doesn't give you much time to change your ways. Okay, but still an adult problem, right? Not any longer. Go to Med Line on the Internet, and type in "children in atherosclerosis" and you will pull up 4,979 medical research articles about this problem.

The average life expectancy in most countries has increased dramatically during this past century, but our quality of life due to chronic degenerative disease has taken a major hit.

- 35% of people have an undiagnosed chronic disease
- 50% of the time the first indication of a heart problem is FATAL heart attack!
- Cancer can be present in your body 5-30 years before it is detectable
- 95% of all people will die from heart disease, cancer or diabetes.





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Do you feel fine when a virus invades your body? You don't know that you have the flu when it first enters your body. In fact, by the time you find out you have it, it's too late to do anything about it.

Financial Cost

Not only are you paying for disease with your Health... but your wallet is suffering too!!!!

Let's look at just one disease... heart disease.

When we think of heart disease, we tend to imagine a sudden event: a heart attack. But usually, that's only a small part of the story. In fact, most people recover after their first heart attack. That's the good news. The bad news is that a first heart attack is often the start of something new: life with heart disease. The risks aren't only medical. Heart disease **could wipe out your family's finances and limit your ability to work.**

- **Direct medical costs.** These can rack up quickly. After a heart attack, there are immediate charges: ambulance transportation, diagnostic tests, hospitalization, and possibly surgery and a pacemaker or implantable defibrillator. Long-term maintenance of heart disease is also expensive, including medications, testing, and cardiologist appointments.
- **Indirect costs.** It's harder to grasp the indirect costs of heart disease, but they can be enormous. The biggest are lost productivity and income. Many people might be able to return to work a few months after having a heart attack. But even losing income for a few months can cause grave financial problems. Surveys show that most people would be only 90 days away from bankruptcy if they stopped getting paid. People with more severe disease may never be able to return to work full time, or at all.

Those who don't have good health insurance, or no insurance, can be financially ruined by heart disease overnight. That can also be true for people who do have decent health insurance. The lost wages alone can be crippling.

Side Note: Diseases Chronic diseases – such as heart disease, stroke, cancer, and diabetes – are among the most prevalent, costly, and preventable of all health problems. Medicaid spending has grown rapidly in recent years and is placing a significant burden on state budgets. You will notice more and more states invest in chronic disease prevention and disease management programs.

Prevention

What is the only thing that will prevent the flu in your body? **YOUR IMMUNE SYSTEM!**

Only your immune system is going to protect you in today's environment. If you do not take the proper steps to strengthen your immune system, you are asking for trouble. Because our world is small and diseases are not as easy to isolate as the black plague was.

People's immune system functioning has deteriorated by approximately 30 percent in the last twenty years and continues to deteriorate at a rate of approximately three percent per year. Most Americans take at least one pharmaceutical drug every day in an effort to adapt to life with chronic disease because adjusting to a decreased quality of lifestyle is all that allopathic medicine has to offer at this time.

- **Does a drug cure you?** No it is simply designed to treat a symptom.
- **How about food or nutrition does that cure you?** No it supplies your body with necessary nutrients to function at an optimal level.

Many people are unaware of what our bodies are designed to do. Our bodies are truly amazing, if we just understood how to treat them by **eating a balanced diet**, obtain all necessary **nutrients**, drink sufficient **water**, **exercise**, **sleep** well, have fun enjoy life for our short time on earth.

If we did this in the proper portions our bodies know exactly what to do, how to make healthy new cells, how to absorb essential nutrients, how to heal cuts, how to fight disease. Your amazing biological organic body is designed to defend itself, heal itself, and protect itself from all manners of threat.

The number one concern of individuals that have one or more of the known diseases is to become symptom free of the condition without any side effects from drugs or other treatments.





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Let's review some well-known diseases and what causes them.

- **Scurvy** - a condition caused by deficiency of ascorbic acid (vitamin C)
- **Major cause of blindness** - is Vitamin A deficiency
- **Rickets** - is characterized by insufficient amounts of vitamin D in the body.
- **Vitamin E deficiency** affects the central nervous system and may result in progressive neuromuscular disease
- **Beriberi** - vitamin B deficiency
- **Osteoporosis** - combined vitamin D and calcium deficiency
- **Digestive problems** - in some cases it is an insufficient amount of fibre and enzymes.
- **Cancer** - is partly a lack of sufficient amounts of phytochemicals (found in vine ripened fruits and vegetables). It is well known and widely accepted that lycopene a phytonutrient found in tomatoes reduces the chance of prostate cancer in men. Ask yourself what about cancer when we see that all these other diseases have distinguished nutrient deficiencies. There have been several studies that have found that phytonutrients have a profound effect on many cancers.

The list goes on and on and on. However there still seems to something missing, as we know disease is rising at an alarming rate in spite of this information.

Understanding the Problems

Lack of proper nutrition is certainly not the only factor that causes disease, there really are many more.

Healthy functioning of the immune system is of paramount importance to everyone since it controls our ability to fend illness and disease. The basic science of staying healthy is to optimize your bodies systems. The world is filled with pathogens microbes, toxic pollutants and stress, and so the body requires a vigorous and vigilant immune system.

The main task of our immune system is to survey our bodies internally. It is like our internal security force that is constantly checking the identity of everything entering and already existing within the body. It is a personal defense system that comes charging to the rescue at the very first sign of an alien invading force. A pathogen or toxic pollutant may be recognized as 'non-self' and a potential enemy if it does not have the right biological and molecular makeup.

So, any cell or microbe having a different blueprint than the body's own code is identified as foreign to the body. Once identified, the immune system goes into action and wages a furious war to defeat the intruder. This causes a flare up which eventually makes you sick. It is thought that the infectious agents remain dormant in the body tissue and once aware of a weakness in the immune system, attack the body's cells. To be effective, the immune system must have the ability to recognize these clever, camouflaged intruders and destroy them before they do any damage to the body.

The following are some of the common causative factors that weaken our immune system not listed in any order of importance:

1. **Pathogens** - Ex: Bacteria, viruses, fungi, parasites.
2. **Toxic pollutants** - Ex: Smog, industrial smoke, cigarette smoke, harmful vapors, vehicle emissions, pesticides, herbicides and the list goes on and on.
 - > Toxins in your water
 - > Toxins in your working environment
 - > Toxins in your home
 - > Toxins in the air you breathe
 - > Drugs in your drinking water - It is an unfortunate truth that we are all taking drugs. More than 100 published reports done on drinking water in cities all over the world confirm that we are getting pharmaceutical drugs in our water every day!
3. **Potential antigens**- Ex: Medications, pollen, dander, toxins, chemicals.
4. **Foreign cells and tissues** - Ex: Malignant cells, foreign tissue such as from transplanted organs, or transfused blood.
5. **Stress** - Stress is a definite culprit that weakens the immune system because it affects the production of interferon and cortisol.
 - > Environmental stress
 - > Physical stress
 - > Mental stress
6. **Digestive disturbances** - can also result in the build-up of toxins because of inadequate elimination thus the accumulated toxins may overpower the immune system and weaken it.
7. **Depleted nutrients** - our modern world has
8. **Poor food and dietary choices**
9. **Lack of essential nutrients** - 1992 USDA study concluded that only 4% of the 22,000 Americans studied were getting the minimum recommended daily allowance (DA) of essential vitamins (and who wants to settle for the minimum!)
A recent US government survey found that out of the 21,000 people surveyed, NONE (0%) of them ate the RDA of all the ten basic nutrients studied
91% of Americans do not consume the recommended amounts of fruits and vegetables
80% do not eat any (ZERO!) carotene-containing vegetables each day





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Today, foods have less nutritional value due to modern farming methods. It now takes 60 servings of spinach to get the same amount of iron as one serving in 1948

Today, you have to eat 25 cups of spinach a day to get the RDA for vitamin E

10. **Lack of proper exercise** – It wasn't too long ago that people with conditions such as high blood pressure, high blood sugar, arthritis, asthma and heart disease, were told by Physicians to "take it easy", "stay in bed" or ingest several medications in order to stabilize these conditions. Today, there is little doubt how the impact of lifestyle changes, including exercise, can dramatically prevent, treat and even cure many of these ailments.

Exercise is not merely important. It is absolutely essential. Most people, however, do not realize this, because the time factor of the cause-effect relationship between lack of exercise and the resulting decline in functional ability is so great.

If nothing is done to prevent it, we gradually lose muscle tissue as we age, becoming weaker, and less flexible as a result. There are several problems associated with this, the most obvious being a decrease in metabolism resulting in increased body fat, which is a primary risk factor for heart disease and several other serious health conditions such as diabetes. Not so obvious though, are the effects of a lack of exercise on one's bones.

What is more important than your health?

Absolutely nothing!

1. <http://www.ncbi.nlm.nih.gov/pubmed/20133665?dopt=Abstract>
2. (Education) <http://www.diseaseeducation.com/>

Marc & Ed

