

# **GREG FITZGERALD'S**

## **HEALTH FOR LIFE NEWSLETTER:**

### **The Miracle of Life - the Healing Power of Illness.**

Life in all its forms has fascinated man for countless centuries. The nature of existence & the existence of nature have puzzled philosophers, theologians, scientists & the lay person alike.

The power of natural phenomena has likewise captivated man's interest & awe. The power of the tsunami, the earthquake, the volcano, the storm, floods & such like are often breathtaking in their force. For all of man's intelligence & technological advancement, he is virtually helpless when nature raises the ante.

These violent outbursts have been part of nature since life commenced. As they stem from nature, so they are *NATURAL*. They are not normal, but most certainly they are natural.

Part of this miraculous kaleidoscope is the power of the human body to heal itself. This self-healing power was once referred to as "vis medicatrix naturae" or the healing power of nature by naturopaths over 100 years ago.

When a person gets sick, their symptoms will generally include symptoms like fever, muscle aches, vomiting, diarrhoea, skin eruptions, inflammation, runny nose, cough, orifice discharges & extreme prostration and weakness. The person will go off food, exercise, sex, socialising & will be uninterested in most things.

These symptoms & signs have been observed & experienced in humans for thousands of years. They are unpleasant no doubt. They are also very inconvenient as they stop us from engaging in our normal daily life. They can be extremely painful at times & occasionally embarrassing, as when we experience being sick in public.

However, just like the earthquake, they are part of nature & therefore they are *NATURAL*. This is extremely important to understand. It is the body working as designed. All of these acute processes are reparative in nature. They are remedial, designed to correct an underlying imbalance that the body will not put up with. They have restorative value! There are *REASONS* for them & once their job is completed we feel better & we return to normal. Although they are perfectly natural, they are not *NORMAL*. We do not normally vomit or get a fever or get diarrhoea.

The biggest mistake modern medicine makes is to call these things "disorders". They are not disorderly. The body never acts out of order, the same as nature never acts out of order. They are orderly events serving a purpose & when that purpose is fulfilled the body returns to normal health.

Generally their purpose is to lower the level of toxins within the body's blood & tissues. That is why we feel much relief after getting rid of this waste. If we listen to our body's wisdom & not eat, get plenty of horizontal rest & avoid all drugs, then our health returns quickly & normal functioning resumes.

These body crises are *NOT* caused by germs, viruses or bacteria as we are led to believe. Louis Pasteur who postulated the germ theory said on his death-bed: "the seed is nothing, the terrain is everything", meaning that the germ needs a suitable environment to proliferate. Germs don't cause disease, they follow it! Similarly, flies don't cause the garbage, they follow it. Maggots don't cause the carcass, they follow it.

When we "treat" these processes with medications, we suppress the body's reparative efforts & ensure that another "eruption" is just around the corner. The fever may return, only higher, the mucous discharge may increase or maybe inflammation will worsen. Maybe other symptoms will present themselves but the body will attempt to lower the toxæmic level some way. This is vital force! Such vitality is the bedrock of vibrant health. To suppress it is indeed very unwise.

Children, because of their increased vitality, can get acutely sick very quickly, but recover just as quickly provided they are not drugged & force-fed. Countless children become chronically sick because their little bodies are not allowed to throw off the unwanted wastes. Instead they are given suppressive medication & continue on a diet unsuitable for optimal health expression. This is a tragic situation which very sadly is becoming worse.

Remember that the acute illness is self-limiting. When it has done what is needed then it vanishes. Why do we feel so tired & weak & sleepy when we are like this? It is because these processes are extremely energy- dependent. They require much internal energy or vitality. To raise the temperature, the brain, nervous system & immune system have to go to great trouble, expending lots of vitality to do so. For example, during fevers every degree of rise in temperature results in the white blood cells (leukocytes) doubling their rate of travel. This is known medically as leukotaxis. Viruses hate high temperatures so are inactivated by the fever. If we stop the fever then we ask for trouble.

Our 3 children have all had the occasional fever but have never taken anything. They have rested in bed, not eaten for a day or so & recovered as expected, with no need to get a rebound fever. Such intelligent management goes a long way towards ensuring robust, disease-free, health for life. This is the very least we can do for our children.

When we routinely suppress these acute processes, the body gradually loses vitality & the toxic state worsens. Over time, the person's vital force lessens & something called enervation occurs, whereupon the body does not have sufficient energy to eliminate all the wastes. The gradual accumulation of metabolic wastes in the tissues & blood (toxæmia) then leads to the development of chronic or degenerative disease, such as arthritis, diabetes, heart disease, cancer & so on.

In fact, children who are not drugged when they are sick will often experience a growth spurt or a jump in maturity or even heightened intelligence after the natural resolution of the acute illness.

Very sadly, these principles are not understood by doctors, nurses, dieticians & official health authorities. They are trained to believe they are **disorders** which have no intelligent direction & which must be stopped by drugs. The average person in the community follows this line & pays a heavy price with their own &/or their children's declining health.

The beneficial role of illness has been highlighted by many doctors & health-care practitioners over the last two centuries. In natural hygiene parlance, it is called "doing nothing intelligently". More recently, Dr Herbert Benson, author of the book "The Relaxation Response", has termed it "watchful waiting".

The progression of chronic disease over time is in fact the body's valiant efforts to adapt to its internal toxic state. This adaptation is always accompanied by compromised function & impaired efficiency, as we see in patients with the classic chronic diseases like arthritis, auto-immune conditions, heart problems, cancer etc. The body will first rebel (acute illness) then if suppressed & the causes not removed the body will slowly adapt to the internal poisoning (chronic disease). The first stage is characterised by high vitality, the second by low vitality. That is why all patients with chronic illness feel chronically tired.

There are a number of fundamental principles which need to be followed if robust health for life is desired.

The first one is to avoid poisoning ourselves. This means we do not habitually take in drugs & poisons, be they illicit, recreational, socially acceptable or medically prescribed. Alcohol, coffee, tea, cigarettes, harder drugs, OTC (over the counter) medications, & prescription drugs are to be avoided. This is not to say that all medications must be avoided at all times. There are occasions when judicial intervention with drugs is indeed life-saving but this is not common. This principle is respecting the body.

The second principle is to leave the body alone when it protests with acute illness. Rest, sleep, fast (no food at all while very sick, not even juice), do not exercise- in other words conserve energy for the healing effort. Appetite is usually absent anyway & the person feels weak & exhausted & often in great discomfort. This principle is listening to the body.

*To your Health,*

*Greg Fitzgerald.*