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## How Most Of Us Get Sick

by Raymond Francis

“The specific disease doctrine is the grand refuge of weak, uncultured, unstable minds...There are no specific diseases.” – Florence Nightingale, (Constructed from writings by Nightingale)

Knowledge is power, and the purpose of this article is to increase your knowledge of the origins of disease. By taking the time to read and understand it, you will learn critical information about how disease happens—in fact, you will end up knowing more about the causes of disease than most doctors. With a little effort, almost anyone can prevent and reverse most disease and live a longer, higher-quality life.

To help you and others to take control of your health, I have devised a simple, yet profound, model of health and disease. By learning and applying this new understanding, your power to get well and stay well will be truly awesome.

The essence of this simple model is that there is only *one* disease—not thousands. We are all made of little units of life called cells. When all these cells are operating as they should, you are healthy and cannot be sick. Disease happens when cells malfunction. *There is only one disease—malfunctioning cells.*

When cells malfunction, they produce symptoms, to which our obsolete physicians give names and call diseases. Tragically, all the attention goes to these unimportant symptoms and so-called disease. Conventional medicine is all about suppressing the symptoms of disease with toxic chemicals and surgery. They are missing the point. What is really important are the cellular malfunctions—not the symptoms and the diseases. It is to the malfunctions that we must pay attention.

There are only two causes—deficiency and toxicity. When cells get too little of what they need and/or too much of what they don't need, they will malfunction. *The secret to health is giving cells what they need while protecting them from what they don't need.*

The reason we have so much disease today is that almost every American is chronically deficient in at least several essential nutrients *and* toxic overload. The result is a pandemic of chronic and degenerative disease. To end the pandemic, we have to stop making ourselves sick with our poor diets and toxic exposures. This will require a major change in our diets and lifestyles—but it must be done.

Deficiency is the first problem we must address. According to the World Health Organization, there are about one billion people who are starving to death because they are unable to obtain enough food—tragic. Perhaps even more tragic, there is a second group of one billion people

who are *starving to death*. These starving people have access to food, but they choose to eat the wrong foods. The 300 million *starving* Americans are included in that one billion.

The processed foods we eat are devoid of meaningful nutrition and are loaded with toxins that poison our cells. If you want to be healthy, you don't have a choice. You must get the processed foods out of your life. Processed foods equal disease-period! Why do we have so much disease? Ninety cents out of every American food dollar is spent on processed foods. We must move away from consuming these disease causing, factory-produced foods to a diet based on organically produced fresh fruits and vegetables that are high in nutrition and low in toxins.

To get well and stay well, in addition to giving yourself better nutrition, you have to stop poisoning yourself with toxins. Not only are processed foods loaded with toxins, so is our air, water, homes, personal care products and automobiles. Our tap water is deliberately poisoned with chlorine, fluoride, aluminum and arsenic. Making matters worse, our physicians damage our health with toxic prescription drugs, immune-damaging vaccinations and DNA-damaging X-rays. We have to stop doing this to ourselves!

Problems begin with our poor diets. Health is when our bodies are in what we call "homeostasis." This means that the body is in balance and it is communicating with itself, self-regulating and self-repairing. This last item is very important because we put a lot of wear and tear on the body every day. Unless that damage is repaired every day, then we start the next day with a small repair deficit. If we continue to do this long enough, those repair deficits can accumulate to where your body is literally falling apart. Just as your car will fall apart for lack of maintenance, so will you. You can actually see this condition in a lot of older people who are barely functioning. Poorly maintained cars end up in junk yards, while poorly maintained people end up in nursing homes. When your repair deficits become large enough, homeostasis will be lost and your body will cease to properly communicate, self-regulate and self-repair. This is disease!

To keep ourselves in good repair, we need to supply our cells with all the repair materials they need to do their jobs. This will not happen if we are chronically short even one nutrient. We also have to be careful not to disable our repair machinery with toxins. But this isn't happening. The reality is that almost every American is chronically deficient in at least several essential nutrients, including essential fatty acids to build the cell membranes that we need for repairs. We are also overloaded with hundreds of toxins that are accumulating in our bodies and disabling the repair machinery. No wonder virtually every American is sick to one degree or another.

Here is what is happening to us. Inadequate daily repairs, are causing a cascade of catastrophic events, plunging us deeper and deeper into the diseased state. Certain tissues, such as gut tissue, have higher repair needs than other tissues. The lining of your gut gets replaced about every two to three days. This is a huge ongoing repair job. Gut tissue has tiny holes that allow nutrients to pass from the gut into the blood. When repair deficits accumulate, these tiny holes

get bigger. This is of enormous significance to your health, and it starts with eating a poor diet. As the tiny holes get bigger, this allows larger molecules from undigested food to enter the bloodstream. The immune system recognizes the molecules as foreign and reacts to them. You have now created a huge problem. With this act, you have become metabolically reactive (allergic) to a particular food. Every time you eat that food, the resulting immune reactions will make your body more acidic, overburden your immune system and cause a flood of inflammatory chemicals to be released. While these reactions are happening, the body will put its normal repair functions on hold—making a bad situation even worse.

With chronic immune responses to the foods you have become reactive to, the combination of immune overload, creation of excess acids, creation of inflammatory chemicals and putting repairs on hold will produce even bigger repair deficits and bigger holes in the gut. Bigger holes will allow more and more debris from the gut to enter the bloodstream, developing more and more sensitivities and more and more immune reactions. People often notice that they are becoming more allergic.

As your body descends into biochemical chaos, you increasingly damage your body's ability to communicate, self-regulate and self-repair. You are now diseased and aging rapidly, even though most people in this state are still unaware of how sick they are. Indeed, our outmoded physicians will almost certainly pronounce you in "excellent health," while in fact you are substantially compromised.

As your immune system responds and develops antibodies to all this debris coming through the holes, some of those antibodies will match tissue in your body and you will develop an autoimmune syndrome. Your immune system will start to attack and systematically destroy parts of your own body. Rheumatoid arthritis is an example of such a disease. Autoimmune diseases are now epidemic.

As your body becomes more acidic, this changes how enzymes function, disrupting metabolic machinery. The change in pH gives inappropriate signals to genes and reduces oxygen levels in the body, leading to cancer. The excess acids deplete the body of essential minerals such as calcium, magnesium and zinc. The resulting mineral deficiencies further disable metabolic machinery. As systemic inflammation increases, this uses up precious anti-oxidant chemicals such as vitamins C and E, causing deficiencies of these nutrients. The resulting shortage of anti-oxidants allows uncontrolled inflammation, further damaging cells and DNA and creating even more repair deficits and even larger holes in your already leaky gut. The increasing overload on your immune system will make you more susceptible to infections from yeasts, parasites, bacteria and viruses, even developing chronic infections. Reactions to these infections puts a further burden on an already overwhelmed immune system leaving you less able to protect yourself from cancer.

Notice what is happening here. You are digging yourself into a deeper and deeper hole. Repair deficits are becoming major, DNA is being damaged, your immunity is overworked and depressed and the entire body is becoming more acidic, more inflamed and dysfunctional. You

are aging rapidly, falling apart and feeling tired. Acidosis damages the integrity of cell membranes. The membranes become leaky, allowing excess water into the cells, causing swelling, impairing metabolism, interfering with energy production and causing fatigue. Less energy production impairs the body's ability to deliver nutrients to cells and to detoxify, causing a buildup of toxins in the body. Critical nutrients are lost from the cells and electrons that used to be employed in the body's energy production system now become free radicals, damaging DNA, cells and tissues, creating even more repair deficits.

At this point, you may be suffering frequent colds, sinus infections, yeast infections, skin rashes, chemical sensitivities, chronic fatigue, autoimmune syndromes or any number of other problems. In fact, you can have just about any disease under the sun, including cancer. Your body is consuming more and more precious nutrients, creating more nutritional deficiencies. Your immune reactions are creating toxic waste products, making you more toxic while your ability to safely detoxify toxins has been impaired.

Remember this entire cascade into the diseased state can start with as little as a deficiency of a single nutrient. From now on, you may want to think differently about nutrition and the food you eat, and the need for supplementation with high-quality supplements.

There are only two causes of disease—deficiency and toxicity. However, there are many ways in which we can make ourselves deficient and toxic. Stress is one of those ways. Stress, our thoughts, beliefs and emotions play an enormous role in our health. Lack of physical activity is another issue. In order to function properly, cells need all their required nutrients, need to be kept free of toxins *and* need to be moved and stretched. Sedentary modern living deprives cells of the movement they need to deliver nutrients, remove toxins and function properly.

Another enormous contributor to our epidemic of chronic disease is medical treatment. Not only is medical treatment a major cause of disease, it is also the leading cause of death in the United States. The insane practice of vaccinating innocent children allows foreign antigens to be injected directly into the body. This causes a permanent drain on the immune system, resulting in immune exhaustion, acidosis, chronic inflammation and accumulating repair deficits. Vaccinations are one of modern medicine's greatest blunders; antibiotics are another. Antibiotics destroy beneficial microorganisms in the gut, which are replaced by those that are less friendly, resulting in a burden on the immune system and damage to gut tissue that can cause leaky gut and initiate the whole chain of events we have just described above.

For most people, disease is a result of a combination of poor nutrition, toxic exposure, lack of exercise, stress, vaccinations, antibiotics and other prescription drugs. But no matter how you got there, you are diseased and literally falling apart. What do you do now? You have only one choice—get well! Once you are in one of these deep holes, the only way out is to restore health. It's not easy, but it's your only real option. Suppressing symptoms with drugs and surgery will *not* solve your problem— getting well *will*.

An analogy I like to make is picture yourself in a deep, dark hole with a heavy pack full of rocks on your back. To get well, you must climb out of the hole, but you can't because the rocks are too heavy. The only way out of the hole is to one-at-a-time remove the rocks from the pack until it is light enough to climb out of the hole. Once you emerge from the dark hole out into the light, you can shift your body back into the repair mode, restoring homeostasis and your health.

To shift your body back into the repair mode, you have to identify each rock that is weighing you down and remove it. Nutritional deficiencies are rocks. Due to your substantial nutritional deficits, an extraordinary amount of nutrients will be required. Remember, you have all those repair deficits that need to be repaired, and you also have ongoing immune reactions and systemic inflammation that are using up nutrients at unprecedented rates. Acidosis uses up critical minerals.

To supply the extraordinary amount of nutrients you will need, it is imperative to consume large amounts of fresh fruits and vegetables. Drink freshly-prepared vegetable juice every day. Minerals are critical, and minerals such as calcium, magnesium, zinc, molybdenum, manganese, selenium, vanadium and boron must be supplemented. Zinc is particularly important for immune function, and most of us are zinc deficient. Zinc deficiency will increase susceptibility to fungal and viral infections and can manifest in the same depressed cellular immunity we observe in AIDS patients. Supplementing is essential, but few supplements are made correctly, so most are inadequate to the task. Only the highest-quality brands such as Beyond Health are capable of doing the job.

To break your ongoing cycle of inflammation, an extraordinary amount of antioxidants will be required. This means going to bowel tolerance on vitamin C, lots of vitamin E, riboflavin, carotenes, CoQ10, quercetin, N-acetyl cysteine and curcumin. Allergies need to be identified and, as much as possible, allergic reactions must be avoided.

Your single most important nutrient may be vitamin C. Vitamin C performs a myriad of important functions in the body including cell repair, energy production, detoxification, reducing inflammation, rebuilding tissue and enhancing immunity. It is important to take it regularly and throughout the day. A minimum of four times a day is recommended. It is not possible to climb out of one of these deep holes without mega-doses of vitamin C. Scientists estimate that if humans had not lost their ability to make vitamin C, we would be making between 10 and 30 grams per day. When challenged, the body would make more than twice that amount. In my opinion, every adult should be getting at least 10 grams per day. Since Vitamin C is water soluble and is lost in the urine, supplementing throughout the day is recommended. If you are sick, you need far more. What we call "bowel tolerance" is recommended. Bowel tolerance is the dosage just below where you get cramping, gas or diarrhea. If any of these happen before you reach 10 grams-take the maximum you are able to take without symptoms. To get out of the deep holes of cancer, autoimmune syndromes and chronic infections, 50-to-100 grams or more per day may be necessary.

Giving your body the extra nutrition it needs will take a lot of rocks out of your pack. Some of the other rocks are toxic chemicals that are accumulating in your body. The average American is in toxic overload with an accumulation of hundreds of toxic chemicals storing in their cells and tissues. It is critical to learn how to reduce the amount of toxins you are putting in every day, to support your detoxification system with nutrients and to reduce your existing toxic load by getting rid of stored toxins. This reduction is best accomplished through frequent saunas. There is a lot of useful information in how to do all this in the toxin chapter of my book *Never Be Sick Again*.

Get the processed foods out of your life. Every processed food you eat is a rock keeping you in the hole. Processed foods are low in nutrition and loaded with toxins including pesticides, herbicides, fungicides, hormones, estrogenic chemicals, flavor enhancers, processing aids, artificial sweeteners, and artificial flavors, colors and preservatives. Most personal-care products are loaded with dangerous toxins, but there are safe products on the market. Most tap water is another rock. Drink and bathe only in purified water. High-quality treatment devices need to be used to treat drinking, bathing and swimming water. Do not use carpets made of synthetic fibers. Use only safe cleaning products.

Many things add just a little to your toxic load each day. The daily amount is not biochemically significant, but the accumulation over a period of years becomes very significant, causing major biochemical malfunctions. Most Americans are already in toxic overload and suffering the ill effects, whether they know it or not. Meanwhile, our physicians attribute your problems to your age. The only thing age has to do with it is the amount of time you have been accumulating the toxins. The solution is to stop putting new toxins in and get rid of the ones you have.

Once you have identified the rocks in your pack and removed a sufficient number of them, you will be able to climb out of the hole. With continued attention to removing rocks and not putting new ones in, you will gradually rebuild and rebalance your body. Your body will once again properly communicate with itself and self repair and self regulate. Homeostasis will be restored and you never have to be sick again—not even a cold. It is amazing what you can accomplish if you stop making yourself sick!

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