

# The Cause & Prevention of Illness & Disease

## EMPOWERMENT! Declare Health Independence

### Becoming Ultimately Healthy

*By: Dr. Skip Hellen*

#### CAUSE of Illness & Disease

The cause of most illness and disease is toxic accumulation at the cellular level and/or shortage of life essentials. Other words, too much (toxins/poison) **enervation** and/or a shortage of **energizing** (life essentials).

#### 4 Life Essentials

Buffer/reduce acid/toxic accumulation (-reduces/enervate, +increases/energize)

1. (-) Air (Oxygen)
2. (-) Water (Hydration)
3. (-/+) Nutrition (biological building blocks (vitamins, minerals, protein, carbohydrates,
4. (-/+) Movement (Exercise) (lymph system modulation) rebounding/jumping are best fiber, enzymes etc.)

#### CAUSE of Enervation

**Toxic/poison accumulation** (ENERVATION = immune system/natural defense compromise)

- General **environment** toxins (air, water etc.)
- Toxic **behavior habits** (lethargy, consumption, emotional stress etc.)

#### Unhealthy behavior

**Consumptive habits (SAD); (lack of life essential)**

- Excessive amounts of toxins/poisons (drugs (tobacco, alcohol, drug etc.)
- Excessive amounts of unhealthy foods (fats, carbohydrates, proteins etc.)
- Excessive total calorie intake
- Predominately cooked and processed foods
- Excessive emotional stress
- Lack of regular exercise (couch potato lifestyle) = (inadequate oxygen)
- Lack of proper hydration (water intake) = (dehydration)

**Prevention (DETOXIFICATION = immune system – natural defense mobilization)**

**Corrective toxic accumulation action**

**General (environmental) toxins (not as controllable) (air, water, ambient chemicals)**

- Move closer to a large body of water (especially those with onshore winds)
- Move to higher altitude (5,000-8,000')

**Local toxins (controllable)**

Reduce exposure to emotional stress

Reduce exposure to chemicals

- Aerosols (chemical spray products)

- Hygiene & cleansing products

Soaps

Shampoo

Fluoride free toothpaste

Chemical (aluminum) free deodorant

### **Water toxins**

- Bathing – use a filter (strong enough to filter effectively chemicals like chlorine and other water contamination) on all tap water use

- Drinking – drink only purified water distilled water (best)

- Recreational – swimming pool, polluted lakes, streams, rivers, oceans etc.

### **Corrective Toxic Behavior action (ENERGIZE): (increase life essentials)**

#### **Consumptive**

#### **Reduce or eliminate**

- Unhealthy fats (saturated, hydrogenated, animal etc.)

- Total caloric intake (calorie restriction optimum nutrition (CRON)

- Processed foods (contain poisonous chemicals – have little nutrition)

- Cooked foods (has seriously compromised nutritional value)

#### **Increase**

- Deep breathing (oxygen)

- Exercise (regular) (lymph system modulation) (rebounding is best)

- Water (hydration)

1 oz. for each 2 lbs. of body weight daily (therapeutic)

1 oz. for each 3 lbs. of body weight daily (maintenance)

- Plant based diet (75-100%) – natural, raw, fresh, organic foods (the fresher and greener the better)

#### **Things to Avoid**

1. Sugar and/or processed foods

2. Caffeine with meals

3. Alcohol

4. Tobacco

#### **Orthomolecular (Naturopathy)**

In 1969 Linus Pauling coined the word "Orthomolecular," ortho = correct or right, and molecular = molecule meaning in the simplest terms, correct or right molecule. **The intended meaning was the use of naturally occurring substances**, particularly nutrients, in maintaining health and treating illness and disease. **Orthomolecular**

**therapy** describes the **practice of preventing and treating illness and disease by providing the body with optimal amounts of life essential substances** which are natural to the body. In short orthomolecular is using natural protocols and substances to bringing the body back into harmony with nature. These natural protocols are the only true answer to illness and disease because they summon the bodies own natural ability to repair and recover optimal health by restoring systemic biological balance. These simple orthomolecular strategies make lots of sense but unfortunately, relatively little profit.

Today we have learned the causes and some prevention techniques of illness and disease. Learning all the secrets of ultimate health is a journey and perhaps the most rewarding of all along the road of life.

## Summary

- **Enervation** – **Reduce toxic accumulation** (immune system compromise) by avoiding exposure and consumption of toxins/poisons (environment, food, drugs etc.)
- **Energize** – **Increases life essential habit behaviors** (immune system mobilization) (oxygen, water, proper nutrition) and modulate lymph system through regular exercise.
- **Healing** – **Only the body can heal when brought into natural biochemical balance,** not doctors, drugs, surgery friends or family. Optimal health is best achieved through **proper education, dedication to health generating behavior** and **discipline.**
- **Common sense** – **Neither illness nor disease can't be cured with poison carcinogenic therapies like (chemotherapy & radiation) nor surgery which removes only the symptom leaving the foundational cause intact.** Only bringing the body into harmony with nature (internal biochemical balance) homeostasis will encourage spontaneous healing and achieve ultimate health.
- **Medicine is a business** – Mainstream (allopathic) medical protocols are manmade patented substances called drugs. Natural protocols and substances are not patentable, therefore not controllable/profitable. For this reason, only drugs will ever be used by medical business to perpetuate profits and maintain control. Since all illness and disease are byproducts or symptoms of toxic (poison) accumulation at the cellular level and drugs are poisons (carcinogenic), there will never be an official cure no matter how much money is invested. If you run west looking for a sunrise you will never find it because the sun rises in the east.

Perhaps the hardest part of achieving optimal health is changing **unhealthy** behavior habits to **healthy** habits.

## 4 Critical Components to Optimal Health;

1. **Belief** (the body is designed to be healthy – anyone can achieve health excellence)
2. **Knowledge** (acquire the tools/knowledge required to achieve optimal health)
3. **Discipline** (develop the behavior habits required to achieve optimal health)
4. **Commitment** (tenacity – never give up – learn/change/improve until personal health excellence is achieved)

## **HEALTH ACQUISITION ACTION STEPS;**

1. Develop a strong sense of **self respect and discipline**
2. Take the “**Declaration of Health Independence**” pledge
3. (**Decide**) Set a goal to achieve personal health excellence (optimal health)
4. (**Test**) Complete the health assessment test (health baseline)
5. (**Education**) Learn how to achieve ultimate health
6. (**Heath Compass**) Buy a pH litmus test kit, start testing frequently – record results
7. (**Manage/Adjust**) Change behavior habits for best results
8. (**Commitment**) Stay the course until achieving personal health excellence
9. (**Mentoring**) the final step of personal excellence is helping others achieve excellence as well.

**YOU provide the Courage, Dedication, Commitment and Action  
UHRI will provide the EDUCATION/KNOWLEDGE and DIRECTION**

To get health help and learn more about “**Mastering the Secrets of Ultimate Health**” and achieving personal health excellence goals, log onto the web site below. UHRI is ready, willing, and able to help everyone achieve personal health excellence.

**Litmus test kits are on sale for \$10 (events only)**

(**A must** for those who are serious about ultimate health)

**[www.uhealthri.com](http://www.uhealthri.com)**

Live long, happy, ultimately health and wise

*Dr. Skip Hellen*