

Our body has tremendous restorative potential, and it can quite easily become either our best friend or our worst enemy. It basically depends on whether we are our body's best friend or worst enemy. Our body does everything within its power to maintain our health and continue to keep us alive. If we subject our body to many more enemies than friends, we are destined to lose the battle. We can't send our soldiers to war with inferior weaponry and somehow expect to be victorious.

I can assure you that once you establish a symbiotic relationship with your body and show it the due respect it deserves, you will be amazed at the positive results you will soon begin to experience as a result. Our very first objective must be to better understand our body's needs so we can provide them. It is important to be in tune with our body's communication system. Various symptoms, (including pain), are the only way our body can help us become aware that something is going wrong so we can resolve the problem before it progresses into a major disease.

Modern medicine's approach is that we shouldn't be forced to deal with any pain or discomfort. This palliative approach is basically turning off our communication with our body, thus exacerbating rather than resolving the underlying problem.

Although modern medicine tends to isolate and categorize various diseases and then classify them with codes, most if not all disease results from the same basic source of unhealthy cells. Unhealthy cells result predominately from the combination of excessive toxins and inadequate nutrition. A major problem today is type 2 diabetes, and the same basic problem also leads to obesity, and most people with type 2 diabetes are obese. Both conditions are normally caused by both elevated sugar and insulin, which results from the consumption of excessive sugar and simple carbohydrates. Long-term diabetes is also responsible for many other degenerative diseases, but especially cardiovascular disease, leading to the potential of strokes and heart attacks. Then other degenerative diseases begin to appear, such as kidney malfunction, degenerative eye conditions, and dementia to name a few. Elevated sugar or insulin creates damage to the vascular system, resulting in obstruction. Both the kidneys and eyes have many small capillaries that are thus influenced. Restriction of the vascular system also results in reduced oxygen to the brain, which then leads to loss of brain cells and thus cognitive function.

Most doctors treat the elevated blood pressure, resulting from the increased vascular plaque, with various medications to lower the blood pressure at all costs. Unfortunately, the cost can be high, especially regarding the brain, the most difficult organ to get blood to. The oxygen to the brain will thus be reduced even further resulting in the loss of even more brain cells, something no one can afford to lose. We should focus on effectively resolving the underlying problem by removing the plaque in the arterial system.

There are natural therapies that have proven effective in accomplishing that particular endeavor.