

Eight Underlying Causes of All Health Problems: ***The Way to Prevent Illness or Improve Resolution of a Health Crisis***

Traditional healthcare practitioners are trained to treat symptoms of health problems instead of determining the underlying cause (s). This conventional approach to treating symptoms usually involves dispensing prescription drugs or undergoing surgery. The downside to this approach is that the actual cause(s) of health problems is not determined. The symptoms are masked and thus the illness is not eliminated. Although this pharmaceutical approach generally leads to a cessation of pain and other symptoms, it typically does not prevent health problems from recurring and the effects can often worsen due to the harmful side effects of prescription drugs. Ultimately, this approach can allow health problems to expand and manifest as a full-blown illness.

The concept of treating symptoms rather than identifying and treating the underlying cause of illness has been accepted by mainstream society. One reason that we have accepted this approach is that we have been bombarded with advertising by pharmaceutical companies that claim their prescription drugs solve health problems. Pharmaceutical companies are primarily motivated to increase their sales but not necessarily to provide long-term solutions to health problems. Also, pharmaceutical companies devote enormous resources to conduct high-priced studies with control groups that illustrate the benefits of using their prescription drugs. Unfortunately, the side effects of prescription drugs are not always revealed in these studies, despite efforts by the Food and Drug Administration (FDA) to regulate this behavior.

Another reason we have accepted the approach of treating symptoms rather than identifying underlying cause (s) to our health problems is our own failure to take responsibility to seek and learn as much as we can about how our bodies function optimally. Together, we can learn what we need to do to maintain a preventative lifestyle in order to eliminate underlying health issues. A preventative approach is essential to achieve and maintain optimal health and, at the same time, gives us an opportunity to correct those issues which cause our bodies to be out-of-balance.

There are eight categories of underlying causes to health problems. Every illness results from one, or several, of these underlying causes. The following information will help you understand how to better identify your health challenges, their underlying causes and how to seek out healthcare practitioners or treatment methods to develop a healthy lifestyle.

The eight underlying causes to all health problems are as follows:

#1: TOXINS

We live in a toxic world and are therefore exposed to a broad range of toxic substances, including chemicals, heavy metals and radioactive materials from a variety of sources. The average US city is home to approximately 77,000 toxins which we breathe, drink, ingest and absorb. Our bodies accumulate these toxins in tissues and organs which gradually and eventually results in a breakdown in our health, which in turn can lead to critical illnesses and sometimes death.

Our bodies are designed to release accumulated toxins through bowel movements, urination, sweating or saliva; however, if we have poor digestion or constipation, our systems will find other ways to release

toxins such as skin rashes, kidney and liver infections or colon cancer. An ongoing detoxification program is critical to reduce toxic buildup and prevent disease. A natural health practitioner such as a naturopath or colon therapist is often our best option to help identify toxicities in the body (amount, type and location) and develop a customized detoxification program. Types of effective detoxification therapies include colon hydrotherapy, chelation, liver and kidney cleanse, gall bladder flush, skin brushing, sauna or detoxification foot baths.

#2: INFECTIONS

Our bodies are surrounded by a large number of harmful microbes, including bacteria, viruses, parasites and yeast from both external and internal sources. These microbes are passed on to us from food, animals, insects, our homes or businesses, and other people. Microbes can develop within our bodies when the following issues exist: our immune system is weak, there are inadequate amounts of antioxidants, poor balance of blood and tissue acidity/alkalinity, and/or an incorrect level of minerals. When microbes are allowed to grow and multiply within our bodies, they result in infection or illness.

The broad groups of treatment options to effectively counter microbial invasion and multiplication all utilize an antimicrobial agent which strengthens the immune system, kills the microbes and optimizes our bodies' inner environment. A holistic health professional can assist in determining the best option for treating a microbial infection.

#3: DEFICIENCY OR IMBALANCE OF A VITAL NUTRIENT

Today's diet, food quality and lifestyle may interfere with appropriate food intake, assimilation and utilization of necessary nutrients. Improper nutrient intake results from:

- eating foods depleted of nutrients including processed foods, micro-waved foods or foods grown in depleted soils
- eating foods which have had vital nutrients removed and replaced with unhealthy "nutrients" such as sugars, fats, preservatives in order to make it more palatable
- maintaining lifestyles which force us to eat nutrient deficient foods such as "fast food"
- ongoing poor digestion and assimilation of nutrients as well as dehydration, which can result from drinking caffeine, soda and juice instead of water

Several proactive strategies are necessary to combat nutrient deficiency and insure that proper nutrients are reaching our cells in the correct amounts and proportions. It is important to create healthy eating habits, while we develop an understanding about which foods support good health and support our immune system. Improving the diet helps maximize the available nutrients in food. Supplements can add additional nutrients to the diet and assist with digestion, absorption and transportation of nutrients to the cells.

Other critical aspects to proper nutrient utilization ensuring that you receive the proper nutrients include the use of digestive enzymes, acids and probiotics to facilitate healing of the digestion system and promote proper elimination and heal supportive systems and organs (i.e. liver, pancreas, autonomic nervous system), as well as eliminate allergy offending foods and nutrients.

You need to locate appropriate health practitioners to help identify how nutrient deficiency may be contributing to your health challenges and assist in improving your diet and lifestyle.

#4 Hormone imbalances or deficiencies

Hormones are the messengers of the body and thus allow our bodies to communicate and coordinate critical bodily functions. Excesses, deficiencies or dysfunction of any hormones result in imbalance and can lead to illness. Hormones include progesterone, estrogen, testosterone, cortisol, DHEA, insulin, thyroid and parathyroid hormones, growth hormone and melatonin. An imbalance of any hormone can result in illness such as cancer, metabolic disturbances, poor sleep, fatigue, poor sugar control, obesity, accelerated aging, gut dysbiosis, poor digestion, hypertension, heart disease or death.

One cause of hormone imbalance is nutrient deficiency, so it is essential that you adopt a nutritionally balanced diet and lifestyle when you start experiencing menopausal symptoms.

Accurate diagnosis of hormone imbalance can be conducted with saliva, blood and/or urine lab tests. A health practitioner can design a supplement program based on these results to balance your hormones. Detoxification should be included in the recommended program to balance hormone levels.

#5: STRUCTURAL IMBALANCES

It is critical for the body to be structural aligned in order to maintain health. Structural alignment means that the head should align with the spine and the spine should align with the vertebrae, pelvis and extremities. If alignment or tone of the body's structures (skeletal, muscular and connective tissue) is not optimal or symmetric, other structures will compensate for this imbalance and eventually fall out of alignment as well. Improper movement and poor posture will also result in structural misalignment.

Structural imbalance can be caused, for example, if the head improperly rests on the C1 vertebra that can trigger an incorrect twisting or turning of the segments of the spine. This will result in scoliosis. This imbalance can start a process of structural degeneration at the tissue and cellular levels. If the body cannot adequately compensate for these structural misalignments, illness and pain will ultimately result.

A health practitioner who focuses on structural alignment, proper movement and posture such as an osteopath, chiropractor, rolfar, manual therapist or structurally oriented dentist can resolve these imbalances and assist you in changing your movement patterns to alleviate pain and retrain the muscles and fascia.

#6: UNRESOLVED PSYCHO-EMOTIONAL ISSUES

Our mind, beliefs and emotions (psyche) play a huge role in our overall health. The beliefs and emotions we carry in our memory directly affect our biochemistry, nervous system and immune system and indirectly affect every cell, tissue, organ and other body system. By directly altering the body's biochemistry, autonomic nervous system and immune system, we can immediately change the way our body functions over the long term and can contribute significantly to the prevention of illness, disease and pain.

Specific situations or events that may cause psycho-emotional “stress” must be identified in order to resolve many health problems. For example, stress in a relationship, death of a loved one, divorce, loss of a job or financial pressure may directly contribute to illness. As the cause of emotional stress is identified and managed, it helps improve our ability to deal with that particular stress and therefore enable us to reduce the resultant negative effects on our bodies.

Working with a health practitioner who can help identify and resolve underlying psycho-emotional stresses can be highly beneficial and often is an overlooked aspect of maintaining good health.

#7: ELECTRICAL AND ENERGETIC BLOCKAGE

Our bodies are made up of moving energy. Even though we appear as solid mass, on a deeper level this mass is actually energy. This energy flows in systematic ways between our cells, tissue and organs. There are many factors that may lead to blockage of energy flow in our body including: toxic accumulation in a tissue, diseased or dead tissue (e.g. a dead tooth), a non-physiologic structure in the body (e.g. artificial hip), an emotional blockage or scar.

An acupuncturist or Chinese Medicine specialist, energy worker or neural therapist can help resolve energy blockage and normalize energy flow. In fact, when our body’s energy flow is facilitated it can resolve many health issues. So, it is essential for energy medicine practitioners to interface with other health practitioners to help patients achieve optimal health.

#8: MIASMS

The least understood underlying cause of health problems is the miasm (Greek for “stain” or “imbalance”). A miasm is defined as a genetic imprint on the DNA that was passed on to you from previous generations. It brings with it a characteristic set of illnesses or dysfunctions typical of that particular miasm. Today, there are more than 20 known miasms, all of which are associated with and named for the illness contracted by a genetic upline (eg. Syphilitic, tuberculine, psoriatic, gonorrhic). Specially trained practitioners such as medical doctors, homeopathic doctors, naturopaths or acupuncturists can help diagnose these miasms and recommend customized protocols to eliminate illnesses associated with miasms.

SUMMARY:

These eight underlying causes of all health problems, individually or combined, can contribute to illnesses, diseases, pains or dysfunctions in our bodies. The most effective approach to treating any illness is to identify the underlying cause(s), prioritize which cause(s) poses the biggest problem(s), eliminate or treat the source of the issue and allow the body to heal itself. Once the body heals itself, intervention to remove irreparable or dead tissue may be necessary but preferably done in a way as to avoid interfering with the body’s normal function.

Resolving the underlying causes of your health challenges requires a dedicated approach by you and your health care professionals. A highly trained team of physicians and practitioners committed to identifying and eliminating your specific underlying health challenges is critical to living an optimally healthy and long life. Further questions should be addressed to Dr Robert Johnson at info@vitalhealthylife.com . For more information see www.vitalhealthylife.com