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Be Your Own Doctor

Healthwise, you are your own worst enemy. There are no miracle cures. There are no pills that will make you well overnight. Good health takes discipline. To be your own doctor you do not have to go to medical school. You just have to know your body and tune into it.

There is a way to live so as not to develop a diseased body by creating toxic conditions. There is also a way to detoxify your body of all toxic matter allowing Mother Nature's healing power to restore vibrant health.

It is well known that Mother Nature is uncompromising and a strict disciplinarian. Especially to those persons who will not make the effort to reform, revitalize, and renew their bodies through proper disciplinary actions of good health, which would guarantee perfect health.

Today, the procedures of biological hygiene (the science of natural healing) has been developed to the high level of being able to eliminate most disease from the human body. Mankind yearns for a cure. Little do they realize that each is his or her own answer and that there are no other cures. Human beings develop their own diseases. Therefore, they should be their own doctors.

The medical profession, from the beginning of time, has not effected a single cure nor added, in any way, to the saving of a suffering mankind in the elimination of the causes of innumerable agonizing diseases.

We slowly poison our bodies by putrefaction (excessive food poisoning) and then finally murder ourselves by involuntary suicide. Killing ourselves with toxemia is just as thorough as by a knife or a gun. It is a much more lingering, slow-suffering way to die and much more painful.

This involuntary suicide of human beings is being aided and abetted by a money-hungry, incompetent medical profession. A medical profession of which over 80% of its physicians are either guilty of overcharge, care little for their patients, are unknowledgeable about true healing, incompetent, fraudulent, perform unnecessary operations, cannot be reached for emergencies, treat people like cattle in production-line medical factories, are a party to needless infection, crippling and untold suffering, overprescribe drugs and generally help cause diseases which they have taken an oath to cure.

How can we, the American public, be blamed for our confusion concerning health matters? Our self-imposed Gods, the American Medical Profession, have brainwashed us for ages into believing that “drugs and the knife” are next to godliness. They confuse, they bewilder, and they add insult to injury by performing the role of public executioner, all within the law.

How can doctors cure the human body when they know so little about that? Our physicians trade in

relief, not in the elimination of disease. Treating symptoms endlessly with needles, x-rays, surgery, drugs and chemicals has never effected a cure, let alone address a cause. The American people are getting more and more disenchanted with this kind of treatment and are beginning to demand that the cause of disease finally be addressed and eliminated.

Many medical doctors would be confounded by good health if they, by chance, ever met anyone who had it. Claiming a healing if a symptom “runs its course” is illusionary. In truth, the body healed itself by reducing its putrefaction and toxemia level to an endurable condition. Then, tolerable health returned temporarily until another crisis appears due to the fact that the toxemia had not been eliminated. It's an endless dilemma.

Our medical world is engaged in treating symptoms aggravated by deep body poisoning which promotes chemical imbalance due to toxemia. This, the doctors call “disease”. There are no cures or panaceas from “miracle drugs” or any other treatment acclaimed by medical science. Only the living organisms of the human body can heal itself by removing the causes of their chemical imbalance.

Our undesirable eating habits as well as our generally poor health habits due to ignorance, confusion and conditioning, deprive our bodies of their strength and vitality. This tends to provoke a mental and spiritual drain as well.

Nature is capable of eliminating body poisoning or putrefaction from itself, regardless of whether the cause of the problem is physical, mental or spiritual. All that's required is giving Nature the help it needs by living a rational life and developing desirable habits of good health.

Most all disease is one disease – toxemia (body poisoning). It is a different name in different parts of the body, but actually the cause of most all disease is the same – self pollution and vitality drain.

Unless a body part has been destroyed by chronic self-pollution, most all disease can be healed by the body itself. Chemical imbalance starts with an irritation that becomes inflamed. Then, through self-pollution of the blood streams circulatory system, degenerates into chronic putrefaction of the entire “plumbing” system.

Our minds have been intensively indoctrinated into accepting as efficient treatment of disease, the trite assumption that the treating of a symptom is not only adequate, but the only medically acceptable method of treatment. Talk about “theater of the absurd”!

That a medically trained doctor, sworn to uphold the Hippocratic Oath, continues to haphazardly over-drug, promiscuously mutilate with a scalpel, senselessly overserumize with the needle, poison with chemicals and overkill live cells with x-ray, is abominable. Yet, the unsuspecting public has been taught to respect, honor and obey the physician as a father figure, licensed for manslaughter, equal to God.

Labeled as “curing the patient”, the medical world makes the mistake of treating effects (symptoms) believing them to be the cause of bodily disturbance. For example: a vital organ develops a symptom. The doctor hurriedly removes the organ by surgery. The result: Cure! Yet, the real problem, toxemia poisoning, is still there.

Because the members of the American Medical Profession lack training in nutrition and biological hygiene training, removal of the part seems to justify the whole. Given the proper conditions, nutrition and adequate elimination, the human body will eliminate its own wastes and impurities by the process of

autolysis (self-dissolving) if given the chance.

Again, most all disease is one disease – body pollution and poisoning. Yet, we accept incompetent medical training as perfectly normal even if the treatment proves fatal. All symptoms of disease, regardless of label by medical science, are all diagnosed in the same senseless manner – ignorance of the cause.

Is the question ever asked, “can the tissue or organ be restored to normalcy”? Why hasn't medical science discovered the reason the human body fails to function normally? Could it be that they are too busy in the mad pursuit of “miracle drugs”? Why is such a preponderance of surgery necessary today, when people can be taught how to live healthy lives to avoid chronic illness and needless operations?

Our medical profession, along with the hospital-Big Pharma industry complex, is the largest licensed pusher of drugs in the world. The wanton maiming and destruction of human life due to premeditated, irresponsible, over-prescribed poison drugs is unbelievable. Drugs have never cured the sick and the relief they are supposed to give is questionable and temporary. Millions are dead from the over-prescription of drugs by the legal drug pushers (doctors) and the side effects of the drugs are much worse than the symptoms they are supposed to relieve.

Aloha!