

Only The Body Heals

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It was on the 13th of January when the cold wind blew hard, the snow was almost melted, and the winter gloves were nowhere to be found. On this day, these words came roaring into my consciousness like a Mack truck with lost brakes. Words that I kept repeating over and over like a Spanish teacher who repeats phrases so that her student will remember them. These are my thoughts on a Saturday evening at 10 o'clock. Everything that I thought was important stopped. Everything that I could be doing stopped. There was nothing—I mean nothing, more important than me sharing these words.

Our body heals itself not because of remedies taken, but in spite of them.

My beliefs and what these words mean to me are almost diametrically opposed to the medical establishment, whose prime goal is to treat symptoms as enemies that need to be destroyed, wiped out, and forever banished from our system through whatever means possible. The medical establishment labels the symptoms as cough, sneeze, fever, pneumonia—the list goes on and on and on. The basic assumption is that if someone is not getting any better, they are still in a state of illness. Upon every ache, cough, or hack, the average American believes that their only choice is to call the doctor. In the average person's mind, the body is pretty stupid to have phlegm, fever, tiredness, and any other symptom that suddenly appears. In the average person's mind, symptoms are evidence that the body cannot fix itself, and that it needs help from an outside source.

The standard procedure is to go to the doctor for a diagnosis, maybe a test. After the doctor gathers all the information from the check up and tests, the doctor most likely will reach for their pen and paper and write a prescription. My friends, that is the doctor's only option, besides perhaps more tests or surgery.

Now, my friends, comes the fun part. Because of their 8 years of medical training, the doctor believes with all their heart and soul that what he is doing and prescribing for his patient is for the patient's wellbeing. The sick patient also believes with all their heart and soul that the medication being prescribed will heal their body. They believe that somehow the medication—which is essentially dead chemicals, is able to navigate 98,000 miles through the patient's body and locate the exact source of their illness. The basic assumption by both the medical profession and the patient (essentially 99.99% of the population) is that the medication (including pills, herbs, vitamins, oils, and powders) knows what to do once it enters the body. They believe that the medicine stays intact and unaffected whatsoever by the body's defense mechanism even after navigating through the 98,000 miles of arteries, stomach acid (which is designed to destroy all food), the liver, the kidney, the heart, and the small intestine. Most importantly, they assume that the medicine goes to the exact location of the symptoms,

releases its chemical forms, and wipes out symptoms, thereby causing their illness to miraculously disappear. So, the doctor is happy that they prescribed the right medication, and the patient is happy that their symptom supposedly disappeared.

My key words continuously ring in my head.

The body heals itself not because of the medication, but in spite of it.

What I mean is that, once the body reaches a certain level of toxicity, it begins the healing process by creating a self-cleansing mechanism lasting 3 to 7 days. My friends, the symptoms that the body creates are your friends. The body creates symptoms to both detox and rejuvenate. In reality, all pharmaceutical and natural medications stop the healing process because of how acidic and destructive they are. Medicines are so dangerous to the body that any natural cleansing or rejuvenation must stop immediately because the medicine becomes the greater danger to the body. The body must redirect its focus from healing to neutralizing the incoming acid residue from the medicine. In other words, the symptoms stop because your body stops naturally healing itself once you take the acidic medicine.

In addition, in order for the body to properly use food, the food must meet certain requirements. Namely, real food can be eaten in a large quantity, and it must contain the necessary glucose (our major source of fuel for daily activity), protein, vitamins, minerals, fatty acids, and water. My friend, this is the secret. When someone eats food that does not meet these requirements, toxic waste builds up and the body creates outlets or storage tanks for the toxins in the cells, tissues, or organs. Eventually the storage tanks will become overloaded, and the body must find another place to relocate the waste, so the cycle begins again.

My friends, this is what sickness is. Sickness is the body's love and way to protect itself from harmful substances and death.

The key is eating fruit and veggies, and living the dream.