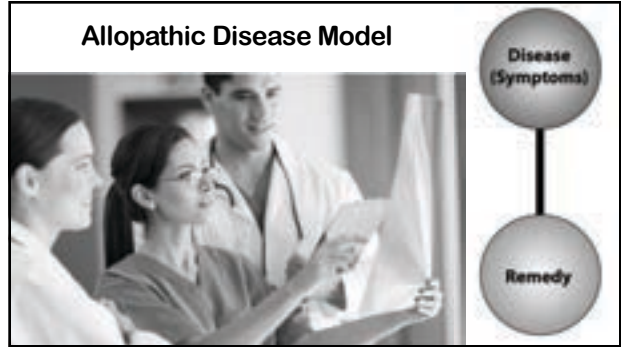
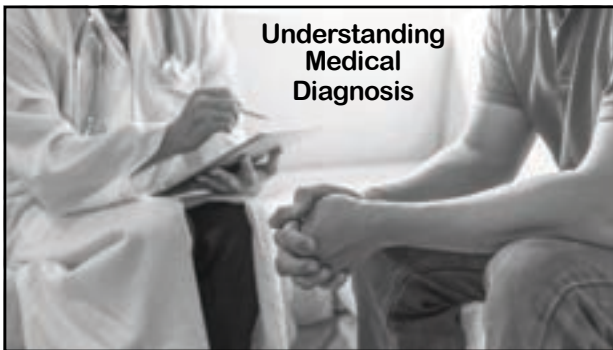




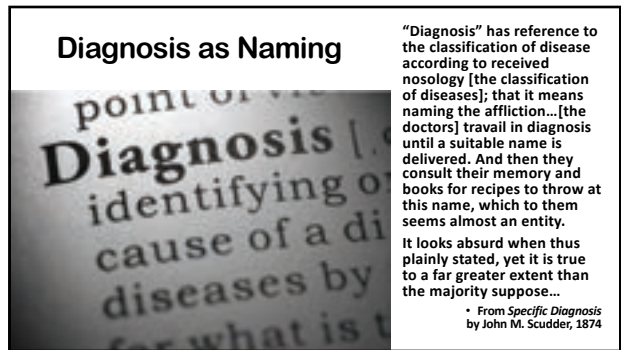
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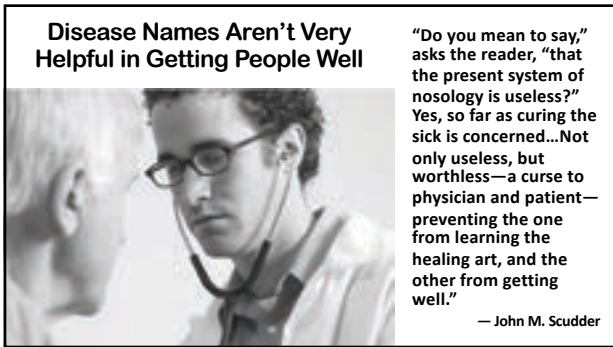
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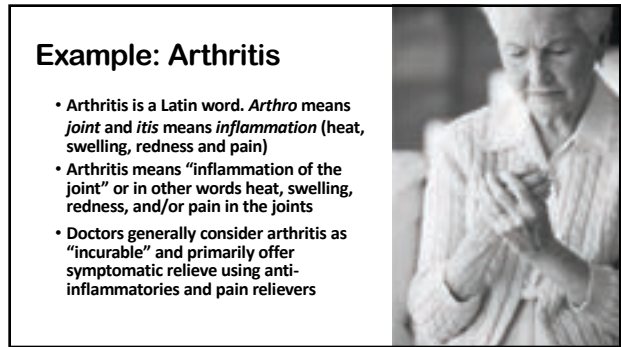
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6


Example: Idiosyncratic Pancreatitis

- I once had a client who spent \$800 to receive a diagnosis of idiosyncratic pancreatitis.
- Translating the Latin, *idiosyncratic* means “of unknown origin.”
- *Pancreatitis* is inflammation of the pancreas.
- So, she went to the doctor asking, “Why am I hurting here?” and the diagnosis was, “You’re hurting there and we don’t know why.”



7

Naming Diseases Isn't Holistic Diagnosis



- “The knowledge of a name is cumin and anise...but in the knowledge of the original of a malady lies the weightier matter of this science. This knowledge makes the genuine physician. All without it is real quackery.”
— Samuel Thomson
- The naming of diseases in Latin obscured the fact that these names were merely descriptions of symptoms in Latin (i.e. arthritis, laryngitis, etc.)
- Many disease names are now created by marketing companies to help sell more drugs


8

Understanding Allopathic Treatment



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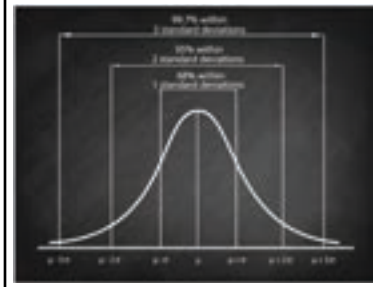
Reductionistic Thinking



- The scientific method is based is reductionistic
- To test a hypothesis, you need to eliminate as many variables as possible in your experiment
- Because modern medicine is based on science this leads to treating individual health problems as if they were separate from each other
- Thus, a person might be on a different medication for each of the following
 - Low thyroid
 - High cholesterol
 - Arthritic pain
 - High blood pressure

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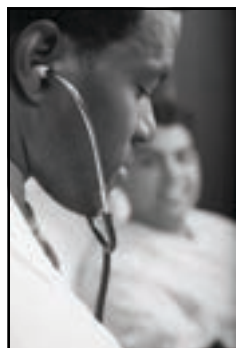
Scientifically “Proven”



- Studies are based on statistics
- A remedy is “proven” if a large part of the test group experiences relief
- There are several problems with this model
 - Proof is based on short-term relief of a specific issue, not general health improvement over the long run
 - Not everyone got better on the remedy
- This is NOT a holistic approach to restoring health, just a reductionist approach to temporary relief

11

Prescribing at Names



The student would certainly think, from this teaching, that getting a name for a disease, was the first and principle object in medical practice...men pride themselves on their skill in naming diseases—calling it diagnosis.


What can be more natural than that medicines should be prescribed at names, when so much trouble is taken to affix them?

— John M. Scudder

12

Symptomatic Relief vs. Cure

- Symptomatic relief is more profitable than cure
- If you cure a disease, the person stops buying your medications
- If you manage the symptoms, they might continue to buy your product for the rest of your life
- This problem is NOT the fault of medical doctors
- It is the result of a belief system held by the majority of both medical professionals and patients





13

Reframing Symptoms



14


A Holistic Model

15

Homeostasis and Health

- Health is the balance between opposing forces in the body that must be dynamically adjusted in order to maintain normal conditions in the human body
- When the body goes out of balance in one direction or the other, homeostasis is disturbed and health decreases
- As the body is able to rebalance itself health is restored
- This balance is ongoing as changing environmental conditions constantly require an adjustment of the internal environment of the body




16

A Life Process

- Man has but one life, and it is the same in all parts. The normal manifestations of this life we call health; the abnormal manifestations of it disease. If we can always think of disease as a method of life, in a living body, we will have gotten rid of an old error...
- Disease, then, is not an entity—something to be forcibly expelled from a living body—but is actually a method of life.


— John M. Scudder



17

How Symptomatic Relief Works

- Symptomatic relief works by altering the body's signaling symptoms
- This can make the symptom temporarily "go away" but it doesn't mean you've returned the body to a healthy state (homeostasis)
- Most medical treatments are aimed at symptomatic relief



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Adaptation and Addiction

- Symptomatic relief works by interfering with the body's signaling systems
- However, the problem that caused the imbalance in the first place remains
- To compensate for the medication, the body adapts to the medication
- One might say the body becomes "addicted" to the signal-altering medication
- Just because something is natural, doesn't mean it is going to actually heal the problem by removing the cause



19

Alternative Allopathy

- Switching to alternative remedies (herbs, vitamins, minerals, etc.) while still thinking in terms of getting rid of symptoms (diseases) will never result in good health
- Medications that are effective at relieving symptoms will also cause an overall decline in health and energy



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Example: Caffeine

- Caffeine does not "give you energy"
- It blocks the signal you are tired, activating the sympathetic nervous system to give you a nervous energy (similar to when you're scared)
- Eventually you adapt to it and need more to get the same effect



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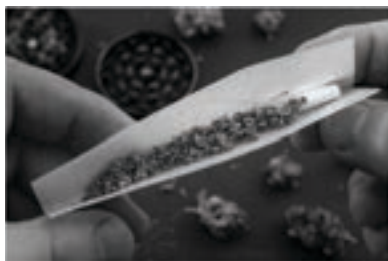
Example: Opioids

- A class of pain-relieving medications that include morphine, heroin, codeine, hydrocodone, oxycodone, fentanyl and many others based on alkaloids from the opium poppy
- They attach to endorphin receptors in the brain



22

Example: Cannabis (THC)



- THC from cannabis binds to receptors in the endocannabinoid system which is designed to help balance nervous and immune functions
- This downregulates pain, stress, anxiety and inflammation
- Continual use, however, downregulates the endocannabinoid system itself

23

Disease Symptoms as Disease Cures

"I have found by experience, that the learned doctors are wrong in considering fever a disease or enemy; the fever is a friend, and cold the enemy. This I found by their practice in my family, until they had five times given them over to die."

—Samuel Thomson


- Think of it this way—dead bodies produce no symptoms!



24

Symptoms are Messages


- Treating symptoms is trying to stop the effect without removing the cause
- Using any medication (herb or drug) that alters a symptom without fixing its cause is like trying to fix your car by short-circuiting the car's sensors
- All you're doing is making it easier to ignore the fact you have a problem and postpone dealing with it properly
- "Remove the cause and the effect will cease..."
—Samuel Thomson



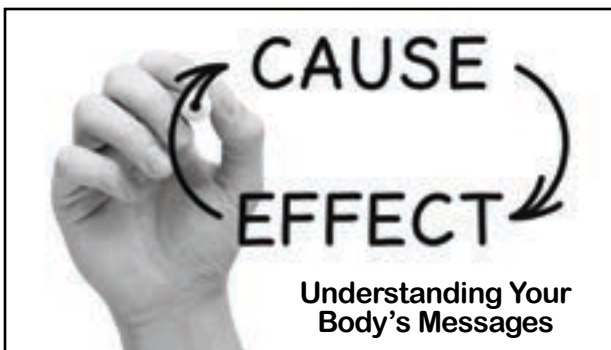
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Example: Inflammation

- Inflammation is an essential part of the body's innate immune responses.
- Acute inflammation sequesters a damaged area and draws in white blood cells to clean up microbes and debris
- It also slows the spread of toxins in venomous bites
- Inflammation is a good thing, not a bad thing
- It only becomes bad when it doesn't reverse due to ongoing irritation, or the lack of nutrients needed for healing

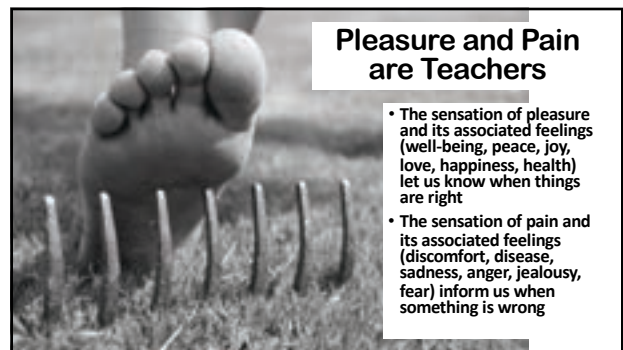


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Understanding Your Body's Messages

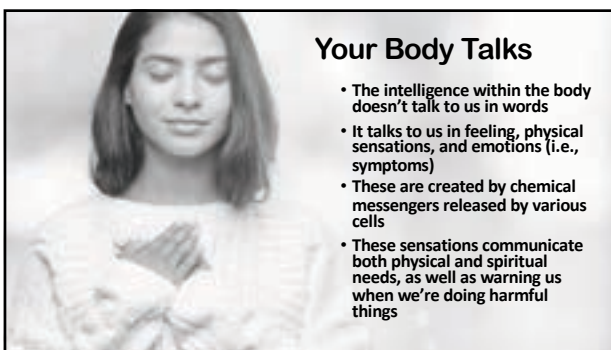
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Pleasure and Pain are Teachers

- The sensation of pleasure and its associated feelings (well-being, peace, joy, love, happiness, health) let us know when things are right
- The sensation of pain and its associated feelings (discomfort, disease, sadness, anger, jealousy, fear) inform us when something is wrong

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Your Body Talks

- The intelligence within the body doesn't talk to us in words
- It talks to us in feeling, physical sensations, and emotions (i.e., symptoms)
- These are created by chemical messengers released by various cells
- These sensations communicate both physical and spiritual needs, as well as warning us when we're doing harmful things

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Each Signal Has a Proper Response

- Hunger = Eat
- Thirst = Drink
- Fatigue = Rest
- Restless = Move
- Cold = Warm up
- Hot = Cool down
- Fear = Exercise Courage
- Grief = Let go
- Anger = Control yourself

30

You Can't Cheat Nature

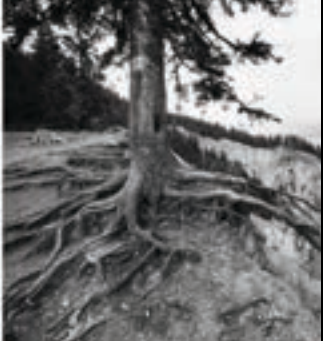


"Every excess causes a defect; every defect an excess. Every sweet hath its sour; every evil its good. Every faculty which is a receiver of pleasure has an equal penalty put on its abuse. It is to answer for its moderation with its life."
 "Pleasure is taken out of pleasant things, profit out of profitable things, power out of strong things"
 "Every faculty which is a receiver of pleasure has an equal penalty put on its abuse. It is to answer for its moderation with its life."
 — From *Compensation* by Ralph Waldo Emerson

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Root Causes

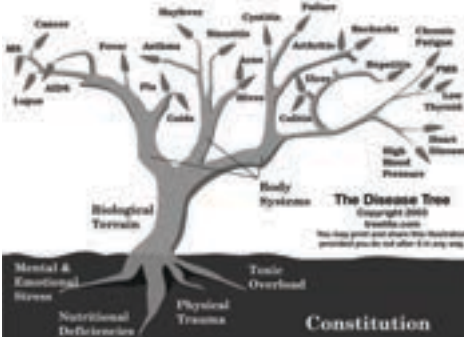
"Let names of all disorders be,
 Like to the limbs, joined to the tree,
 Work on the root, and that subdue,
 And all the limbs will bow to you.
 The limbs are cholick, pleurisy,
 Worms and gravel, gout and stone,
 Remove the cause and they are gone."
 — Samuel Thomson



32

The Disease Tree

"There are a thousand hacking at the branches of evil to one who is striking at the root."
 — Henry David Thoreau



33




A Holistic Approach to Health

34

Finding the Remedy


- Disease is created by the imbalance between a person's constitution and the stresses placed on them
- The symptoms of disease are coping mechanisms trying to maintain balance
- The remedy is whatever restores balance, eliminating the need for the coping mechanisms
- This can involve strengthening the constitution or altering the environment (lifestyle)



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A Critical Concept

- One disease may have many treatments
 - People have constitutional strengths and weaknesses
 - An influence which makes one person ill, won't affect someone else
 - The same disease (symptom) may arise from multiple causes
 - Thus, the approach that cures a disease will differ from person to person
- One treatment may cure many diseases
 - The entire body is interconnected
 - A problem in one organ or system will affect all organs and systems
 - One health issue may contribute to multiple "diseases"
 - Fixing a root cause will improve health in the entire body



36

One Disease, Many Treatments

A central image of a woman holding her head in pain, surrounded by a circular diagram of various causes for headaches. The causes listed in the diagram include: Stress (chronic), Hormonal Imbalance, Low Serotonin, Low Magnesium, Low Thyroid, Lack of Sleep, Trauma or Abuse, Lack of Hydration, B-Complex Deficiency, Low Iron, Lack of Exercise, Vitamin D Deficiency, Low Testosterone, Insulin Resistance, Aging, and Dehydration.

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Example: Headaches

- Headaches have many causes, but a lack of analgesics is not one of them
- They can be a sign of:
 - Dehydration
 - Poor posture causing muscle fatigue and subluxations in the neck
 - Food allergies
 - Poor digestion and elimination
 - Mental and emotional stress
 - Magnesium deficiency
 - Liver congestion
- One can never eliminate headaches until one identifies and eliminates the cause

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Example: High Blood Pressure

- High blood pressure also has many causes, which can include
 - Deficiencies of magnesium, vitamins C, D3 and K2 and other nutrients
 - Chronic inflammation
 - Excess weight
 - Kidney weakness and fluid retention
 - Lack of exercise
 - High stress level
 - Unresolved grief, causing emotional withdrawal from life
- Again, normalizing blood pressure requires identifying the causal factors and fixing them

39

One Treatment, Many Diseases

A central image of a human torso with a diagram of internal organs, surrounded by a circular diagram of various symptoms. The symptoms listed in the diagram include: Fatigue, ADHD, Anxiety, Depression, Stomach Discomfort, Poor Intolerance, Lacking Gut Bifid, Brain Fog, Regain Strength, Stomach Pain, Acid Indigestion, Allergies, Stress, Blood Pressure, Blood Sugar, Blood Cholesterol, Blood Inflammation, Lymphatic Swelling, Blood Inflammation, and Heartburn.

40

Example: Stress Management May...

- Ease anxiety and depression
- Reduce high blood pressure
- Ease angina, fibrillations, and palpitations
- Improve immune function
- Aid recovery from cancer and autoimmune disorders
- Clear skin problems
- Aid sleep (relieve insomnia)
- Aid weight loss
- Slow aging process
- Improve mental concentration

41

Example: Hiatal Hernia Correction May...

- Improve digestion, appetite, and aid muscle development
- Reduce intestinal dysbiosis
- Ease angina, palpitations and arrhythmia
- Resolve acid reflux
- Improve thyroid function
- Ease asthma
- Help a person feel calm and centered
- Improve immunity and overall health
- Improving gut instincts

42



Four Strategies to Start Healing

43

Changing Your Paradigm

Disease Care	Health Care
<ul style="list-style-type: none"> • Disease is seen as an invader, something apart from the person, to be attacked or conquered • Therapy directed towards correcting the disease • Each disease is treated as if it were a separate and distinct entity • Treatment choices are based on historical uses and/or research on disease treatment • Freedom from disease is the goal 	<ul style="list-style-type: none"> • Disease is seen as a coping mechanism attempting to maintain homeostasis • Therapy is directed towards increasing a person's health • All health problems are seen as being part of the interconnected whole • Treatment choices are based on experience and research on what creates good health • Restoration of health is the goal

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1. Believe You Can Get Well

- All healing starts with belief
- Beliefs can help you heal (placebo) and make you sick (nocebo)
- If you believe a disease is "incurable" you won't try to cure it
- Unresolved trauma, abuse, and stress is one of the root causes of disease

45

Basic Mental and Emotional Therapies

- Develop faith to be healed
 - Affirmation
 - Visualization
- Develop a positive outlook on life
- Learn appropriate stress management skills
- Get counseling or other healing work to deal with past trauma or abuse
- Use flower essences and aromatherapy to aid emotional healing

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2. Form Healthy Habits

Questions to consider

1. Are you eating a healthy diet?
2. Are you getting enough sleep?
3. Are you getting enough exercise?
4. Do you have good posture?
5. Are you drinking enough water?
6. Are you avoiding harmful substances?
7. Do you need to fast or detoxify?

47

Study Health

- "We must study the living man, and learn to recognize every manifestation of this life by our senses.
- "Disease is wrong life, and a wrong presupposes a right. To determine the existence of a wrong, we must know what the right is; to determine the character of the right. This is diagnosis, as the reader can at once see."
— John M. Scudder
- Spend more time studying health than you do studying disease

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Treatment by Prevention

“That same thing that will prevent disease will cure it.”
 • Samuel Thomson

- Our goal needs to be to learn about health, rather than disease
- We need to guide people to a healthier life, which will automatically “cure” their diseases



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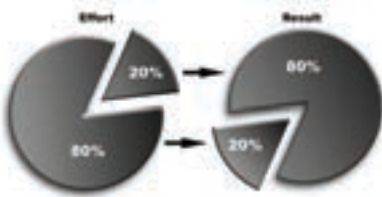
3. Take Some Basic Supplements



- The following supplements aid some of the primary problems at the root of most illness
 1. Digestive enzymes
 2. Minerals
 3. Vitamins
 4. Essential fatty acids
 5. Probiotics
 6. Fiber
 7. Antioxidants
- Consider basic supplements that improve overall health before looking for specific remedies

50

80/20 Rule



- Twenty-percent of your knowledge and effort will solve 80% of the problems
- 80% of your knowledge and efforts will solve the other 20%
- Leverage your efforts by working on common primary health strategies first instead of looking for specific “cures”

51

4. Select Specific Remedies




- It's alright to provide symptomatic relief as a beginning part of the healing process, but don't use this as a basis for selecting specific remedies for healing
- Instead, select herbal remedies based on energetics (balancing biological terrain) and supporting normal structure and function of body systems
- Also, look for herbs that help resolve multiple issues the client is facing

52

The Myth of Medicine


“Really, there is no special medicine which is a specific (or remedy) for any chronic disease.”
 • Henry Bieler in *Food is Your Best Medicine*

“[Health] is achieved by following the laws of nature; when you break them, illness results. Health is not bestowed upon you by a beneficent nature at birth; it is achieved and maintained only by active participation in well-defined rules of healthful living—rules you may be disregarding every day.”
 • Henry Bieler in *Food is Your Best Medicine*



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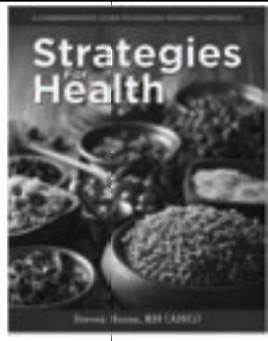
Opportunities to Learn More



54

Strategies for Health Book

- Covers about 500 health problems
- References over 300 single herbs, about 50 essential oils, and over 100 supplements
- Also includes many formulas
- Explains biological terrain, body systems, over 50 basic healing strategies and techniques
- Helps you to approach health problems holistically by explaining possible root causes
- Available on Amazon and Barnes and Noble



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Strategic Herbal Consulting Course



- Five modules with 8 lessons; total of forty classes over a two-year period
- Certificate of completion for each module; final certificate for completing all five
- Program will be part of our member program (\$19.95 a month, \$99 for six months, \$168 a year)

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Other Member Benefits



- Supports our efforts to educate people by free herb articles, YouTube videos, and free webinars
- Monthly Health Theme
 - Shareable Sunshine Sharing newsletter
 - Monthly Sunshine Sharing webinar
- Library of over 100 previous webinars on many topics
- Create a member profile to promote yourself
- Helps us improve member content and add new tools

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Question and Answer Time



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