

## The 7 Stages of Disease

### The main causes of disease:

- Organ Damage
- Cellular toxicities
- Nutritional deficiencies caused by:
  - Poor diet
  - Food and beverage contaminants
  - Chlorine contamination
  - Fluoride contamination

### Below are the 7 stages of disease and their symptoms

#### 1) Enervation

- Experience nervous exhaustion
- Our body is not generating enough nerve energy to perform cellular metabolism

#### 2) Toxemia

- Accumulation of debris from normal cellular breakdown of dead cells
- External toxins have reached a point too great for the body to handle
- Body tries to clean house by ridding it self of toxins in the form of extra mucus, fever nausea, diarrhea, headaches
- We experience cold or flu symptoms
- Which we suppress with antihistamines, decongestants, anti-inflammatory and Pepto-Bismol.
- Toxemia fevers loss of appetite which allows the body to use the energy it would normally use digesting in order to help in the removal of toxins from the body.

#### 3) Irritation

- The nerve network senses toxic materials
- We feel irritation in areas affected by toxic wastes, this is an alarm that something is wrong
- We experience anxiety, depression, or insomnia
- Chronic headaches, itchy skin and joint pain
- Use anti-anxiety meds, antidepressants, sleeping medications and aspirin move us into stage 4

#### 4) Inflammation

- We feel acute pain, you are keenly aware that there is a problem
- The body begins to redirect vital energies, intestinal tract is shut down
- Some "itis" disease like colitis, tonsillitis, arthritis, appendicitis

- Inflammation is the body's most energetic response to a life threatening situation, it becomes very intense in removing the toxins
- We react by taking anti-inflammatory medication or synthetic steroids that are detrimental to the body.
- These man made solutions break down your bones, ligaments and tendons
- They also suppress the immune system and cause the body to store fat and water.

### 5) Ulceration

- Is due to the continual suppression of the body's attempts to cleanse and restore itself
- Staggering amounts of tissue where toxins have accumulated are being destroyed
- A void is created where the tissues die

### 6) Induration

- Voids are filled with toxic material and are encapsulated with hardened tissue
- Toxic material sealed off in this manner is called a tumor
- If we continue our pathological lifestyle of excess and suppression that caused the toxemia in the first place the tumorous tissue system goes wild and becomes parasitic, living off nutrients from the lymphatic system
- This is when fibroids and cysts appear in diagnostic exams

### 7) Cancer

- Cells are no longer capable of organized intelligent direction
- Cells are disorganized, their genetic code is altered and cancer cells flourish and spread as long as nutrients are available
- The immune system is out of balance and we refuse to remove all causes of disease and supply the conditions for health
- A cancer tumor is not big enough to be seen on a MRI or an x-ray until there have been **10 years** of cell division
- At this point cells are in the millions

At any time cancer could have been stopped with a dramatic change in lifestyle. The body needs nourishment. Each cell in your body is taking in nourishment, growing and dying. Each cell needs raw material to do its job.