RISKS

The body has natural mechanisms to eliminate acids. It can handle the natural acids created by the body which are created in energy production and the process of rebuilding cells. However, the extra acidity created by a poor diet has the body systems overwhelmed with a backlog of acids. This pH (acidity/alkaline) is important to the health of living organisms.

Acid:
Have you ever wondered if many of the diseases raging through our society have a common cause? Many doctors, herbalists and nutritionists believe that the explanation may come down to these simple words: pH imbalance...
The concept of acid alkaline imbalance as the cause of disease is not new. In 1933 a New York doctor named William Howard Hay published a ground-breaking book, A New Health Era in which he maintains that all disease is caused by autotoxication (or "self-poisoning") due to acid accumulation in the body:
The pH level is one of the most important balance systems of the body. The term pH stands for “potential” of “Hydrogen”. It is the amount of hydrogen ions in a particular solution. The more ions, the more acidic the solution. The fewer ions the more alkaline (base) the solution. The pH level is a measure of acidity or alkalinity, on a scale of zero to fourteen, with zero being most acid, fourteen being most alkaline and seven being mid-range. The most critical pH balance is in the blood.

Adrenal:
Your adrenal, or suprarenal, glands are located on the top of each kidney. These glands produce hormones that you can't live without, including sex hormones and cortisol, which helps you respond to stress and has many other functions. The adrenal glands are the part of the body responsible for releasing three different classes of hormones. These hormones control many important functions in the body, such as:

- Maintaining metabolic processes, such as managing blood sugar levels and regulating inflammation
- Regulating the balance of salt and water
- Controlling the "fight or flight" response to stress
- Maintaining pregnancy
- Initiating and controlling sexual maturation during childhood and puberty

The adrenal glands are also an important source of sex steroids, such as estrogen and testosterone.

Bacteria:
Bacteria are living things that have only one cell. Under a microscope, they look like balls, rods or spirals. Most bacteria won't hurt you - less than 1 percent makes people sick. Many are helpful. Some bacteria help to digest food, destroy disease-causing cells and give the body needed vitamins. Bacteria are also used in making healthy foods like yogurt and cheese. But infectious bacteria can make you ill. They reproduce quickly in your body. Many give off chemicals called toxins, which can damage tissue and make you sick. Examples of bacteria that cause infections include Streptococcus, Staphylococcus, and E.coli.

Antibiotics are the usual treatment.

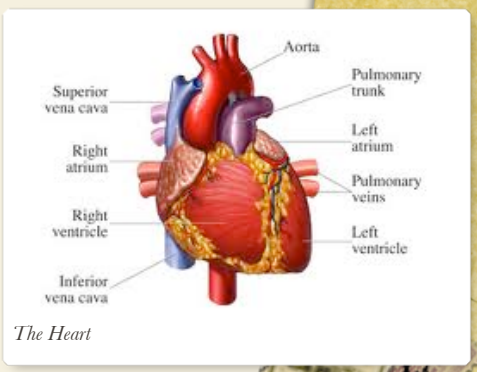
Each time you take antibiotics, you increase the chances that bacteria in your body will learn to resist them.

Later, you could get or spread an infection that those antibiotics cannot cure.

If an apple a day keeps the doctor away, what would it take to avoid a heart surgeon? How about a multivitamin / mineral pill and some omega-3 oil (canola-rapeseed, flax, fish)? Add a diet low in processed food and a good 'lifestyle' (don't smoke, control waist size, manage stress well and some exercise)

Blood Sugar
Diabetes is a disease in which your blood glucose, or sugar, levels are too high. Glucose comes from the foods you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy. With Type 1 diabetes, your body does not make insulin. With Type 2 diabetes, the more common type, your body does not make or use insulin well. Without enough insulin, the glucose stays in your blood.
Over time, having too much glucose in your blood can cause serious problems. It can damage your eyes, kidneys, and nerves.
After fasting your blood sugar levels should be between 4.8 - 6.8 Canadian or 90 - 100 US.
he food that people eat provides the body with glucose, which is used by the cells as a source of energy. If insulin isn't available or doesn't work correctly to move glucose from the blood into cells, glucose will stay in the blood. High blood glucose levels are toxic and cells that don't get glucose are lacking the fuel they need.

Brain
Your brain is made of approximately 100 billion nerve cells, called neurons. Neurons have the amazing ability to gather and transmit electrochemical signals -- think of them like the gates and wires in a computer. Neurons share the same characteristics and have the same make up as other cells, but the electrochemical aspect lets them transmit signals over long distances (up to several feet or a few meters) and send messages to each other. The brain is very complex, and the symptoms of many brain disorders are heterogeneous and often diverse. Classification systems have been developed by panels of expert psychiatrists to enable clinicians to make accurate diagnoses of brain disorders. Using these classification systems, the symptoms of brain disorders are clearly defined and grouped.



The Heart

Cardiovascular
The heart and circulatory system (also called the **cardiovascular system**) make up the network that delivers blood to the body's tissues. With each heartbeat, blood is sent throughout our bodies, carrying oxygen and nutrients to all of our cells. Every day approximately 10 pints (5 liters) of blood in your body travel many times through about 60,000 miles (96,560 kilometers) of blood vessels that branch and cross, linking the cells of our organs and body parts.

Our bodies actually have two circulatory systems: The **pulmonary circulation** is a short loop from the heart to the lungs and back again, and the **systemic circulation** (the system we usually think of as our circulatory system) sends blood from the heart to all the other parts of our bodies and back again.
The heart is the key organ in the circulatory system. As a hollow, muscular pump, its main function is to propel blood throughout the body.

The heart has four chambers that are enclosed by thick, muscular walls. It lies between the lungs and just to the left of the middle of the chest cavity.

Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality.

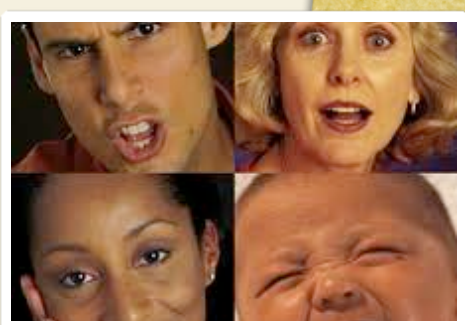
Circulation
Blood Circulation plays an important part in our being. In order to stay healthy it is very important to have good blood circulation. Proper blood circulation helps in transferring nutrients and oxygen to various parts of the body. Lack of good blood circulation causes diseases due to harmful foreign particles entrapped in the tissue.
Hypertension: A common problem found with many people mainly middle-aged and elderly people. This happens because cholesterol plaques are deposited along the walls of the arteries, causing it to harden.
Varicose Veins: This happens when the walls of the veins loses its elasticity. Lack of exercise, increasing age, junk food just adds to the stress escalating this problem from one leg to the other.

Connective Tissue
Connective tissue is responsible for providing structural support for the tissues and organs of the body. This function is important in maintaining the form of the body, organs and tissues. The tissue derives its name from its function in connecting or binding cells and tissues.

Degeneration
The "Degeneration Phase." The presence of an invader inside your cells starts interfering with your normal cell functions and processes. As a result, your health noticeably degenerates. Finally, at this 5th stage, your laboratory tests start picking up that you have a problem. The diagnosis of serious pathology is given. What **happens next?** If it has not done so earlier, natural medicine quickly jumps into action and attempts pulling the body back to Phase 4, then Phase 3, and so-on in the process of recovery.

Emotional
All humans have basic emotional needs. These needs can be expressed as feelings, for example the need to feel accepted, respected and important. While all humans share these needs, each differs in the strength of the need, just as some of us need more water, more food or more sleep. One person may need more freedom and independence, another may need more security and social connections. One may have a greater curiosity and a greater need for understanding, while another is content to accept whatever they have been told.

One of the major problems I have observed in schools is the treatment of all children as if their emotional and psychological needs were identical. The result is many children's needs are unsatisfied. They then become frustrated, as any of us do when our needs are unmet. They act out their frustration in various ways which are typically seen as "misbehavior."


emotions

Some authors use the terms primary and secondary emotions.

This distinction is very helpful.

A primary emotion is what we feel first.

The secondary emotion is what it leads to.

Heavy metals may enter the human body through food, water, air, or absorption through the skin.

Environmental
We are flanked by environmental toxins. Compounds that could lead to problems or sickness to our body systems are located in anything that we consume as well as in the air we breath. Many of these substances are a by-product of the industrialized society. Heavy metals such as lead and cadmium are discharged from industrial facilities or are built as waste materials in the industry. We're also subjected to a lot of naturally-occurring toxic materials.
For instance, volcanic eruptions discharge a lot of the free mercury which can be discovered in the surroundings. Our systems have a wide range of components for coping with this poisoning; however the present total load surpasses the human body's capacity to adjust. As soon as our bodies don't break down or get rid of all these toxins the only real method to cope with them is to detox efficiently. The entire body will attempt to deposit these types of substances into tissues to reduce their possible harm. For instance, lead could be sequestered into bone tissue, displacing calcium and improving the danger of brittle bones. The entire load of such harmful toxins is oftentimes known as our "body burden."
Environmental toxicity is a worldwide issue**.** These contaminants do not acknowledge national or political restrictions. For example, Japan has encountered a phenomenon referred to as "yellow sands" in the last several years. This is brought on by pollutants blowing in from Chinese industrial facilities over the Sea of Japan.

Fungus:
A single-celled or multicellular organism. Fungi can be true pathogens (such as histoplasmosis and coccidioidomycosis) that cause infections in healthy persons or they can be opportunistic pathogens (such as aspergillosis, candidiasis, and cryptococcosis) that cause infections in immunocompromised persons. An example of a common fungus is the yeast organism which causes thrush and diaper rash (diaper dermatitis). Fungi are also used for the development of antibiotics, antitoxins, and other drugs used to control various human diseases.


Mercury Amalgams

Heavy Metal Toxicity
There are 35 metals that concern us because of occupational or residential exposure; 23 of these are the heavy elements or "heavy metals". Interestingly, small amounts of these elements are common in our environment and diet and are actually necessary for good health, but large amounts of any of them may cause acute or chronic toxicity (poisoning). Heavy metal toxicity can result in damaged or reduced mental and central nervous function, lower energy levels, and damage to blood composition, lungs, kidneys, liver, and other vital organs.

Long-term exposure may result in slowly progressing physical, muscular, and neurological degenerative processes that mimic Alzheimer's disease, Parkinson's disease, muscular dystrophy, and multiple sclerosis.