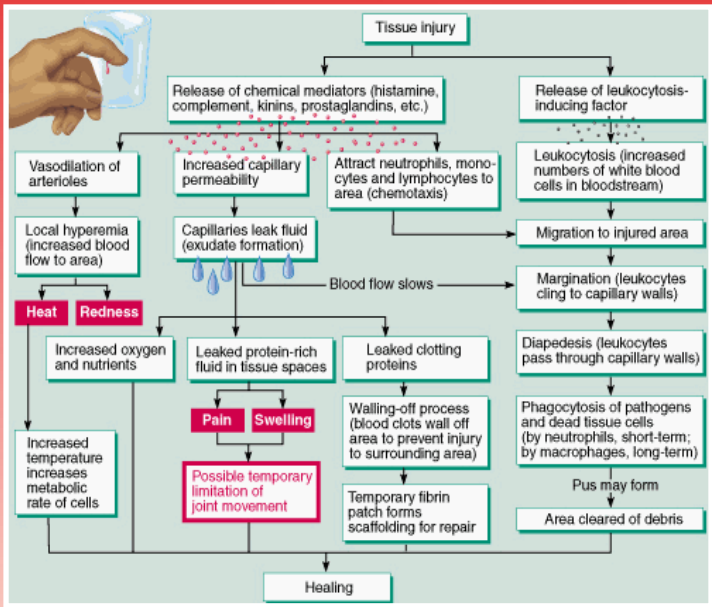
SYMPTOMS AND THE HEALING PROCESS

HEALTH ISSUES #43

Under our present model, "health" is defined by how a person feels, whether they have symptoms or not. The objective then becomes to eliminate the symptoms, often through chemical intervention. A closer look at the inner workings of the human body demonstrate that such an approach often does more harm than good.



The above chart is taken from a standard anatomy and physiology textbook. It shows a flowchart of the symptoms associated with an inflammatory response and we can clearly see that each of the symptoms: **heat, redness, pain**, and **swelling,** have a specific and integrated biological purpose in healing and in restoring health.

Symptoms of any type are either part of or a direct result of the normal healing process, which means you cannot improve health or permanently resolve a health condition by simply suppressing or masking the symptom.

"Symptoms represent the body's best efforts to heal itself. By treating symptoms, you are suppressing the body's natural response and inhibiting the healing process. Instead of treating symptoms, doctors should stimulate the body's defenses to allow for completion of the healing process."

DR. STEPHEN CUMMINGS
Cummings, S. Everyone's Guide to Homeopathy.
Penguin Publishing, 97

There is not a single medical textbook in the world that defines "health" based on the presence or absence of symptoms.

When something harmful or irritating affects a part of our body, there is a biological response to try to remove it. The signs and symptoms of inflammation can be uncomfortable but show that the body is trying to heal itself.

MEDICAL NEWS TODAY
Choi, J. M.D. Felman, A. Everything you need to know about inflammation Nov. 24, 2017

"There is an alarming high number of disabling conditions - chronic diseases, most cancers, syndromes and other instances of poor health where western medicine is helpless. There is no root cause, no definite problem that surgery can eradicate or drugs can cure. A large part of the problem has to do with the theoretical framework that modern medicine has taken on, namely that of ignoring the workings of the body itself."

DR. I. WILLIAM LANE
Immune Power: How to Use Your Immune System to Fight Disease. June 1999

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