

Unleash the Healer Within

If you want to be free of chronic disease, it is absolutely crucial that you begin to question your own beliefs and where they came from, then adopt new beliefs that will put you on the pathway to healing.



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A lot of people ask me, “Mike, how can you say that herbs and nutrition are so miraculous in keeping people healthy? Because I tried that herb you recommended and it didn’t make any difference!” And I start asking them questions, like “So, did you also give up drinking all soft drinks?” And they say “No, I still drink soft drinks.” I ask them, “Did you change your foods and stop eating all refined foods, sugars and red meat, and all hydrogenated oils or food additives and artificial colors?” And they say “No, I still eat all that.” And I ask them, “Did you start engaging in physical exercise? Did you give up smoking? Did you start getting natural sunlight on your skin on a daily basis? And did you start drinking water?” They say, “No, I don’t do any of that—I still watch 6 hours of TV a day, I smoke cigarettes, eat potato chips and I don’t get exercise, except on the weekends.” And then I say, “And you expect this one superfood pill to solve your health problems?”

Amazingly, some people have that expectation, just because that’s what they’ve been taught by direct-to-consumer advertising of prescription drugs: For every problem, the drug companies claim to have a magic pill answer. You don’t need to change your lifestyle, they claim. Just take these little magic pills for the rest of your life, and your biochemistry will be just fine. Of course, it’s all hogwash. It’s the greatest con ever perpetrated on the American people, and it’s killing hundreds of thousands of Americans each and every year. But that’s what people have been taught to believe.

The truth is, folks, whether you’re new to my articles or you’ve been reading this for a long time, you’ve been exposed to a lot of information about how you can transform your health, take charge of your health outcome, and absolutely avoid chronic disease for the rest of your life. But you cannot accomplish those things if you maintain the mindset of conventional medicine, which is that all diseases are patterns of symptoms that must be treated allopathically with an external treatment that takes over the responsibility for the patient. See, conventional medicine believes that the doctor is the healer and that the patient has no role whatsoever in healing. In fact, conventional medicine even believes there’s no such thing as mind-body medicine. They don’t even think the mind and the body are connected. It’s an absurd belief, I know, but this is the standard practice of conventional medicine.

Of course there are pioneering doctors and researchers now who know very well that the body is holistic, and that the mind controls the immune system, the circulatory system and every other system in the body. There is a burgeoning field called psychoneuroimmunology that studies this, and the researchers in that area are quite fascinated by what they’re discovering. But that is not mainstream conventional medicine.

The patient is the healer

Natural medicine, or holistic medicine, on the other hand, believes that the patient is the healer. All naturopathic physicians are taught this. The patient is the only person who can heal any disease, and the role of the physician is only to provide guidance and support for the patient. That's why naturopathic doctors, when faced with a patient who has cancer, will turn to immune supporting modalities to try to boost that patient's immune system function and help the patient overcome cancer themselves. A conventional allopathic doctor, on the other hand, will try to destroy the cancer in a war-like fashion by using chemotherapy, radiation therapy or other extremely toxic therapies that essentially deny the patient any ability to overcome cancer on their own. In doing that, the conventional physician deprives the patient of the opportunity to heal themselves.

The key to all of this is that when you buy into the conventional medicine approach, you forfeit all of your power over your health outcome. I've written an entire book on this, it's called "Take Back Your Health Power!" You can find this at www.TruthPublishing.com. Most importantly, it is crucial to understand that the belief systems you adopt greatly determine your health outcome and the effectiveness of various therapies, and don't make the mistake of thinking that belief systems have to be true to be believed. The vast majority of conventional medical beliefs are scientifically false, and yet they are believed by most physicians still practicing today. Some examples of medical myths include: Sunlight is bad for you; you can get all the nutrition you need from three meals a day; homeopathy doesn't work; diseases are caused by your genes; we can cure your cancer by poisoning you with chemotherapy; and other similar myths.

Your beliefs determine your health outcome

If you subscribe to those beliefs, then you effectively strip away your innate ability to heal. Just one belief, the belief that patients are the only healers, can be so empowering that it can make the difference between life and death if you're battling a major disease. In fact, if you look around and you ask people who have overcome cancer, heart disease or diabetes and who are doing well, you will find that the one component they all have in common is that they discarded the beliefs of conventional medicine. They stopped subscribing to the belief that physicians heal patients and instead they adopted the belief system that patients heal themselves. They made major changes in their lives. They made new decisions and they discovered new beliefs that put them on the pathway to healing.

If you want to be free of chronic disease, it is absolutely crucial that you begin to question your own beliefs and where they came from, then adopt new beliefs that serve you. Many of the old beliefs we all carry around—especially if we still believe in conventional medicine—are so outdated as to be laughable. The very basis of pharmaceutical medicine is the germ theory, developed in the 1930s following the discovery of penicillin by Alexander Fleming in 1929. Everything that exists today in the pharmaceutical industry is an extension of the discovery of penicillin. All of the research being conducted on cancer is still based on the germ theory. It's the search for a magical antidote; some allopathic chemical that, when taken, will wipe out the disease.

Germ theory medicine is history

Today's pioneering doctors who know what they're doing in healing and natural medicine are far beyond the germ theory. They, and others like myself, are into vibrational medicine, mind-body medicine, the power of nutrition, electromedicine, sound therapy, light therapy ... and one of the most amazing things about all of these modalities is that the more you learn, the more you discover that the Chinese knew all of this stuff 5,000 years ago. Chinese medicine embodies the vibrational nature of plants and herbs and the systems of the body; how they interrelate in a holistic way. Chinese doctors were so advanced millennia ago that any modern doctor should be humbled by this realization.

Yet today, conventional medicine continues its efforts to discredit all herbal medicine, and the FDA continues to outlaw Chinese herbs one by one, calling them dangerous even though they have a history of 5,000 years of safe use. And the drug companies continue their propaganda to try to install belief systems in your brain that make you discard the healing potential of medicinal herbs when combined with your own innate healing ability and your belief that the patient is the only true healer.

Taking charge takes courage

Now, granted, it takes real courage to stand up and take charge of your health. For one thing, you can't blame anybody for your situation. That's difficult for a lot of people, because it's hard to look in the mirror and realize you're overweight or diseased, and say, "I did this to myself. I put myself in this position." And I can say that with credibility because I forced myself to do precisely that. When I was overweight, near-diabetic and mentally depressed and metabolizing all sorts of disease in my own body, there was one day when I stood up and did that. It's one of the most difficult things you can do, because in one moment you shift all the responsibility for where you are onto your own shoulders, and if you're not in a good place today, that can be very painful.

But, I assure you, this is the only pathway toward long-term health. This is step one. Once you're willing to take that step, you can open the door to a journey of long-term healing that can literally transform the rest of your life. Once you take responsibility for your health, you are empowered to make changes. You will no longer believe the distortions and the dangerous advice of mainstream physicians who are indoctrinated by medical schools that don't teach nutrition, and by pharmaceutical companies that have no interests other than generating profits at your expense. You will begin to educate yourself about the healing power of foods: superfoods, nutritional supplements, healing herbs, physical exercise, natural sunlight, pure water, healthy emotional relationships, avoidance of chronic stress, avoidance of household toxic chemicals, and much more. From that day forward, you will start to make steady progress toward lasting health and happiness.

Introducing the new, healthy you!

The transformation won't be overnight, it will take time, but in a matter of just a few weeks or a few months you will notice major differences in your health outcome. You will feel empowered in so many ways that you'll never want to go back to being the victim again. You'll be able to take charge of your life. Your confidence will skyrocket, your mental clarity will improve, your immune system function will be dramatically heightened, your stamina will increase, you will get better sleep, you will wake up more rested, and if you are currently suffering from various metabolic disorders or diseases, you will start to see them fade away as your body heals itself.

In time, depending on your circumstances and what you choose to create, you can eliminate those diseases altogether from your life. That is the point where you have become a health master, and it is mastery of your own health that makes you a qualified healer. There is no medical school in the world that can grant healership upon any person—a piece of paper doesn't make you a healer—but you can be a true healer by taking charge of your health outcome and abandoning the weakening beliefs of conventional medicine.

Five things you should be doing right now to take charge of your health:

1. **Get more sunlight on your skin.** Natural sunlight is essential nutrition for the human body. Without it, you will suffer from prostate cancer, breast cancer, osteoporosis or depression.
2. **Drink more water and give up all non-water beverages other than herbal tea (unsweetened).** Most people are chronically dehydrated and don't realize that water literally cures a lot of common diseases (like asthma, high blood pressure, etc.). Visit WaterCure.com for more information.
3. **Boost your nutrition with superfood supplements.** One of the best is Alive! from Nature's Way, available at any health food store. I take it daily. I also recommend Berry Green (www.NewChapter.info); Antioxidant Defense System (www.GoodCauseWellness.com); Ola Loa drinkable vitamin powders (www.DrinkYourVitamins.com); John Barron's Accelerator (www.BaselineNutritionals.com); Rejuvenate! (www.IntegratedHealth.com); and Hempshake (www.Nutiva.com).
4. **Switch to a naturopathic doctor.** Fire your M.D. and find an N.D. Work with them to make lasting lifestyle changes.
5. **Take up a basic physical exercise program that includes both cardiovascular exercise (like walking) and strength training (resistance training).** Get a fitness trainer if you don't know where to start, or join a gym like Bally Fitness that offers trainers at a reasonable price.

Start with those five, then keep moving forward. Remember, this isn't just an intellectual exercise. It's one thing to understand all this and say, "This makes sense." It's another to actually start doing it. I encourage you to take on the DOING part right now.



About Mike Adams, the Health Ranger

Mike Adams is a consumer advocate and holistic nutritionist with more than 5,000 hours of study on nutrition, wellness, food toxicology and the true causes of disease and health. Adams began his exploration into the true causes of health during his own personal journey from borderline obesity and chronic back pain. He is the chief editor of **www.NewsTarget.com** and author of more than 10 books on health and wellness available at **www.TruthPublishing.com**.

Adams uses no prescription drugs whatsoever and relies exclusively on natural health, whole foods, superfoods, nutritional supplements and exercise to achieve optimum health. To prove the value of nutrition and physical exercise in enhancing health, Adams publishes detailed statistics on his own blood chemistry (with full lab results) at **www.NewsTarget.com/AdamsHealthStats.html**.



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