



PART 2 INTRODUCTION

Why Merely “Dive in” When You Can Go **Stone Age Spelunking?**

As we move to Part 2 of this book, we’ll take a deeper look into the natural approach to health care, and what’s going on inside the body that makes the 15 Care Instructions make so much sense.

Part 2 is divided into eighteen daily reads, beginning with what natural health care is. Keep reading just one chapter (a.k.a. Daily Read) per day. Why just one? Because it’s a lot of new information to absorb.

Each day’s read should take roughly ten minutes.

Continue doing your Care Instruction and logging progress in your “Snazzy Thirty-Day Reminder Sheet.”

If you’re only doing one Care Instruction right now and you’re ready to add a second—and if that would be *easy* for you to do—then add a second Care Instruction, you awesome fellow cave dweller!

Now, let’s go Stone Age spelunking into natural approaches to healing . . . and begin restoring your inner Neanderthal to its original design!



DAILY READ 1

What *Is* Natural Health Care?

Over thousands of years, our bodies have changed very little from its original design. Physically we are still Neanderthals, designed to hunt, which means “move a lot,” and gather, which means “eat what nature provides.”

When we live and eat this way, we experience optimal health and longevity.

The human body was designed to operate at high-functioning levels, and to keep doing so for several decades. If this had not been the case, early humans would certainly have perished.

Most practitioners in the natural health care field have a deep respect for this original design. Furthermore, they understand the Holy Grail of natural-health concepts: *The body doesn't make mistakes.*

What does that mean? It means the human body functions according to the quality of its environment—specifically, food, water, physical activity, and rest. As the quality of the environment diminishes, so does the body's function.

Similarly, an unhealthy body can begin healing back to “Neanderthal-normal” as environmental quality is improved.

So, natural health care can help us heal from virtually any disease or condition, using only natural means, based on restoring the body to its original design.

Food Is at the Heart of Natural Health Care

When restoring the body to health, nothing is more vital than its relationship with food.

We are living entities created to eat living entities. Freshly picked vegetables and fruit are among the most essential living entities we can eat.

Even Hippocrates understood this more than two thousand years ago. In fact, in his Hippocratic Oath, “Let food be thy medicine and medicine be thy food,” the first line he added to detail his healing approach is this: “I will use those *dietary regimens* which will benefit my patients according to my greatest ability. . . .” (emphasis added).

Humans surviving for millennia using only natural means is a good indicator that Earth provides exactly what our bodies need. Natural health care specialists use those “Mother Earth” provisions to help maintain vitality and help restore even chronically ill patients to optimal health.

In recent decades, human influence has shifted our biological environment. The shifting of our environment has now become synonymous with eating too much food, especially unhealthy food, or factory food. This environmental shift has contributed to a deadly sedentary culture. Those changes in environment are the leading reason we now have scores of diseases that virtually didn’t exist one hundred years ago.

Our current lifestyles are working in opposition to our body’s original design.

Patients today are becoming increasingly aware that food plays a major role in both causing and relieving their health problems. And yet, Western medicine’s reluctant appreciation and utilization of how food affects the body is unsettling.

Pharmaceutical Drugs Are at the Heart of Modern Medicine

The MD approach to health care is also known as allopathic medicine, Western medicine, mainstream medicine, conventional medicine, institutional medicine, and modern medicine.

There’s consistent emphasis on “medicine,” as in pharmaceutical medications, as in prescription drugs.

It’s all a part of what I have come to recognize as the *medical-industrial complex*.

Let's face it—medical doctors are more comfortable treating their patients with various types of pharmaceutical drugs rather than rendering treatment with food and nutrition. Simply put, it's how they were trained to treat patients.

They don't seem to have but a shallow awareness for what the human body was originally designed to eat or why we might want to eat healthier.

Most conventionally-educated doctors have been trained to believe the human body needs fixing. They assume that it is imperfect by itself, that the human body just needs help. They also seem to believe it can be helped only so far *because* it's imperfect. But the fact is a healthy body, time after time, will give you a healthy performance because it can adapt in miraculous ways.

MDs look at lab results through the lens of, *If it's too high, knock it down. If it's too low, kick it up.* Then a prescription pad is pulled out, medication and dosage are marked on the pad, then the page is torn out for you to go on your way, with a new prescription to be filled by your drive-up pharmacy. (Pain? Here are some steroids.) The main goal is to curtail symptoms while not necessarily addressing the root causes of the symptoms.

One general concept that conventional medicine continues to convey to the general public, more often than not, leaves the average patient questioning as follows: *The reason I am sick is because I have some kind of shortage of pharmaceutical drugs in my body?*

So, let's say you're on a statin drug, like Zocor. Well then, "You must be Zocor-deficient. Have some more."

Preposterous, to say the least.

Equally preposterous is for one to think that pharmaceutical drugs can come anywhere close to providing the functionality of a healthy body, which normally produces more than 300,000 natural chemicals internally, every day. Our healthy bodies can do this without any of conventional medicines' unpleasant—sometimes deadly—side effects.

Modern medicine, as we know it, primarily focuses on *symptom relief*. Sad to say that most of us have been indoctrinated to be of the same mind. It's all about reduced symptoms, perceived comfort, even if the treatment poses severe health risks that come in the form of side effects.

Natural medicine, on the other hand, focuses on *eliminating underlying health issues that are causing the symptoms*.

Much of modern medicine is about *disease management*. Natural health care focuses on returning to *a higher state of health*.

Patients go to MDs when they want a *pill*. Patients go to natural health practitioners in hopes of being healed. (This includes countless cases of recovery from various health conditions medical doctors had previously deemed “incurable.”)

Modern medicine is primarily based on *human innovations* as the cornerstone of its methodology. The natural healthcare approach, on the other hand, is almost entirely made up of time-tested *nature-based methods*, giving way to the body’s infinite healing abilities.

Natural health care has been around since early man. But creators and developers of modern medicine, which has only been popularized in the last hundred years or so, have done their best to cast aside a more natural approach in an attempt to take center stage as the be-all and end-all of curative medical treatment. It’s almost as if they don’t want to give our bodies, or the divine Creator, any credit for having kept us healthy over the eons since early man.

Let’s roll back time just a handful of decades, when the average mother dealt with a child who was sick, injured, or infected. Imagine how many natural household remedies she had at her fingertips, the knowledge likely passed down to her by her mother and grandmother. Despite however little or much science was known at the time, the appropriate natural remedies that she rendered to her child, in most instances, were all there, right in her home, and she knew how to use them.

In today’s world? What resources does the average mother have within arm’s reach? Elementary first aid or call 9-1-1. That’s about it.

Imagine how much knowledge we have lost. We are now *less* able to care for ourselves and the ones we love most.

Don’t get me wrong. Natural health doesn’t replace the many modern medicine/allopathic methodologies, and allopathic cannot replace a natural therapeutic approach. If you have an acute, life-threatening health situation, that’s when you go to an allopathic doctor, for triage intervention. They can keep you alive, even if you’re at the brink of death.

Natural health care, on the other hand, is much less dramatic, helping us to *avoid* those potential “brink of death” events. A more natural health-care approach can also lead you back from a dangerous or chronic brink and help you return to vibrant health, sometimes “unexplainably” so!

The key is to know which of the two may be more appropriate, depending on your current health situation. For most health issues except life-threatening ones, natural health is the one most people actually need.

Also important is to objectively evaluate any suggestions of modern medicine that may discount the merits of natural healthcare options.

To put it simply, medical doctors are experts in applying the newest human-engineered interventions of science. Natural health care providers are experts at utilizing proven methods that have successfully helped to restore health since the beginning of time. This is such an important distinction.

Chronic Illness: Two Ways to Approach It

As patients of medical doctors, we’ve mostly been kept in the dark, and the assumption is, *My doctor knows everything, and I know nothing*. We wait for a symptom to show up and then cart ourselves into the doctor’s office, believing the doctor has, with great caring, the ability to fix everything for us. Regardless of the many self-inflicted variables that factor into our diminished health, the treatment plan, which usually involves prescription medication, never seems to emphasize our lifestyle habits, food and beverage choices, and similar considerations.

Symptomatic relief plays such a large role, in our Western medicine model. But even those patients who experience *some* symptomatic relief with prescribed medications also commonly take over-the-counter pain relievers, and they may find themselves drinking alcohol evenings and weekends—basically self-medicating.

This, of course, indicates that the prescribed pills aren’t getting the job done. Even with symptomatic relief, patients are left defeated, unable to move forward in their attempts to get healthier.

What makes it even worse? Those in modern medicine use what I call the *late-stage approach*. If you don’t have persistent, advanced symptoms with serious lab values, they really don’t want to see you. In addition, the way they tend to treat patients is, *“If you present with symptoms and we can*

medicate, we really don't need to hear the story; we're just going to medicate." It's often more about, *"I don't want you to feel the feeling, but I also need you out of my office because I'm only getting paid for six minutes here."* Or, *"If I take to heart what I'm hearing from you, it might emotionally drain me, so I will remain superficial in my interaction with you."*

Eventually, many chronically ill patients finally seek out natural health care providers, desperate for help.

Part of the work of nature-based providers is to educate patients to better understand how their bodies were originally designed to heal.

Patients treated in our office, using a more natural approach to their health challenges, find those challenges disappearing through our restoration efforts, allowing patients to experience a return to total health.

When we do what our body was designed to do, it automatically self-corrects, and maintains itself.

A natural approach to restored health is basically determined by studying the human body in its healthy state, when it is functioning according to its original design. Then, when a body is unhealthy, do something simple and consistent to begin changing its environment back to its original design, and watch the body come out of its fog. Then you'll begin to experience a higher quality of life, perhaps without the need for many of the medications that have previously been prescribed.

It sure seems like medical doctors medicate, out of economic convenience or expedience. It's what third-party payers are willing to reimburse for. End of story. Natural health care doctors, on the other hand, educate—with thorough explanations and often supported with informative research handouts or recordings on the particular subject (and the odd book about a Neanderthal).

Natural health patients become highly knowledgeable. And they learn that getting healthier is a multifaceted stair-step process, not a panacea prescription. It's a process, not a product. It's comprehensive and lasting health care.

To me, real health care means delivering the most effective healing forces in concert with each other, in order to effect true, restorative function, absent of nasty side effects. It's where the patient becomes their own driving force toward personal healing and wellness.

Remember, disease is dependent on many factors. When the conditions are right, a certain disease can form. Just like in nature, when the conditions are right, predictive weather phenomena can occur. Hurricanes can develop, tornadoes can form, and snowflakes can be made. Similarly, when the conditions are right, a sickness, disease, or condition can manifest.

What factors can attract disease and sickness? Obesity, nutritional deficiencies, overconsumption of food, sedentary living, and stress, just to name a few.

The 15 Care Instructions for Your Neanderthal are fifteen potent ways to help bring about *HEALTHY-ER* restorative function.

We can absolutely unbuild diseases. Please believe that!

Typical versus Normal Health

We see much success in our clinic. Why? Because what we do is pursue *normal* function. Few people today know what normal is. Mostly people know what's *typical*.

For example, most women in their fifties have various symptoms relating to menopause—hot flashes are common, mood changes, depression, anxiety. Most men around the same age are found to have enlarged prostate glands. A growing number of middle-aged adults are increasingly experiencing low sex drive, lower libido. And so on.

And people think because it's *typical*, it must be *normal*, perhaps inadvertently reinforced by a casual conversation with their doctor who might say, “No, worries, I see this all the time with people your age.”

Fact, just because something has become typical, does not make it normal.

We need to maintain a fair amount of distance between what we consider as typical, and that which is truly normal. To merge the two as one will ultimately bring future pain and suffering for those who fail to address the potential health issue, discovered in its fledgling state.

Our body was originally designed to give us cues and clues to all of its physiological functions. It makes adjustments for any perceived challenge and then attempts to eliminate it.

Practitioners in natural health care consistently make the strong distinction between typical versus normal. They help their patients escape

from using the typical rationale, and strongly encourage getting back to the normal frame of reference.

Making that distinction is really a life or death proposition. For without it, what good is “early detection” if what is detected is deemed okay because it’s so prevalent? It doesn’t make much sense.

I’ll be blunt: If you have a person who’s lived like a slug, eaten like a garbage can, and they are engulfed in multiple diseases, the “typical” approach is to slide a drug or a therapy into the mix. But I just don’t see how that’s going to help. Symptom-shifting medications may give the impression that something is working due to a temporary reduction of presenting signs and symptoms, but the meds do not stop the progression of the condition.

What *does* help is restoring the body to its original design. This approach might not be typical. But it is normal. And it sure makes more sense. That’s why more and more patients are turning to natural health care.

Believe it or not, much of getting healthy is something you can do at home. It’s a do-it-yourselfer, when you have the appropriate information. This book, and the ones to follow, will provide the foundational nature-based healing information that most of us need.