

Alchemia



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Cause of *dis ease*

There are three main causes of disease. Disease is really *dis ease*, which just means the body is not at ease and therefore can't function properly.

Mental emotional stress. Unchecked negative feelings such as anger, resentment, jealousy, fear, unhappiness etc. Will eventually manifest in the physical body as a symptom.

Nutritional deficiencies. Our bodies require approximately 100 nutrients daily to function optimally. Over a period of time without proper nutrition the body breaks down.

Toxicity. Toxins primarily in the form of chemicals are everywhere in today's world. They are in the air, our food and water supplies and in the materials that make up our buildings and houses.

Therefore if you would like to give yourself the best opportunity to avoid disease and old age it is highly recommend the following strategy:

Reduce any negative emotions by becoming aware of your beliefs, thoughts and destructive habits.

Get educated on good nutritional requirements and take action on developing healthy eating habits.

Learn about toxic materials, rid your house of them and eat organic food. Routinely undertake a detoxification program.

Everyone has some Suffering

Everyone has some Disease

Disease is caused by violation of Natural Law

Disease is caused by Karma release

Disease is expressed first at the weakest Genetic Code

Disease is aggravated by emotional tension, bad nutrition, bad behaviors, toxicity, trauma, etc.

Suffering is from the desire for things to be different

To reduce Suffering we must learn to accept certain things

To reduce Suffering we must change certain things

If we want things different we must change

To promote healing we must:

Reduce all causes of disease as much as possible

Rebuild and restore all degraded organ tissue

Unblock all blockages to flow

Control all symptoms with Natural law medicine

Deal with the genetic and constitutional make up

Learn to change the things we can

Learn to accept the things we must

Develop the wisdom and grace to know the difference

Genetic disease can be helped by individualized nutrition

All persons will die, but we can help them die with dignity and grace

Grace of living is the ultimate achievement of life enlightenment

Transformational guide to wellness



What Causes Stress?

Stress may result from a large number of factors including but not limited to:

Hyper Reactants (allergies) including aromatic oils, automobile emissions, caffeine, coffee, dander, latex, nicotine, pollen, pollution, smoke, specific foods, tobacco smoke, toxic chemical residues and individual-specific allergens cause stress by reducing bodily functions and mental energy, causing lethargy and combating the immune system, thereby causing stress.

Bacteria and Viruses, bacterial and viral infections reduce the effectiveness of the immune system, slow down bodily functions, reduce the supply of nutrients and reduce bodily and mental energy, thereby causing stress.

Chemicals such as cleaning agents, fungicides, growth hormones, herbicides, insecticides, paints, and most man-made chemicals attack the immune system, impair breathing and oxygen intake, reduce the ability of the body to absorb nutrients and raise the acidity of bodily cells, thereby causing stress.

Dehydration caused by lack of water intake, excessive sweating, diarrhea, excessive urination, drinking too much coffee or carbonated soft drinks and eating too much junk food all impair the ability of the body to absorb nutrients and oxygen on a cellular level, thereby causing stress.

Emotional Issues whether unresolved, being resolved, or resolved have all been shown to be major causes of stress.

Employment and working in a job one doesn't love have been shown to be major causes of stress.

Exercise and exertion of any kind have been shown to cause stress.

Fast Foods including partially hydrogenated fats, trans fats, artificial coloring agents, artificial taste enhancers, artificial appetite appeasers, artificial aromatic agents, artificial sweetening agents and artificial preservatives are all toxic to the human organism, thereby causing stress.

Financial Problems have been shown to be a major cause of stress.

Fungi and Fungal infections whether ingested, inhaled, externally or internally attacking the body are harmful to all life. The by-products of fungal infections are toxic to living organisms, thereby causing stress and a myriad of psychological and medical stresses.

Genetically Altered Foods are known to cause asthma, attention problems, balance problems, behavioral problems, concentration problems, digestive problems, libido issues, memory problems, metabolic problems, perceptual problems, sexual dysfunctions

Heavy Metals including arsenic, mercury and lead are implicated in adrenal, bone, bone marrow, brain, circulatory system, ear, eye, gall bladder, heart, intestinal, kidney, liver, lung, lymphatic system, pancreas, pituitary, skin, spleen, throat, thyroid, thymus and other problems, thereby causing stress.

Irradiation of foods has been shown to reduce the life force and greatly diminish the nutritional value of food. By law all foodstuffs entering the USA and most of the civilized world must be irradiated for the public good, thereby causing stress.

Lack of Sleep and sleep problems whether caused by emotional, psychological or medical issues is a major cause of stress.

Low Self-concept whether caused by bacterial, fungal or viral infections. Poor nutrition, toxic chemicals, hormonal imbalances or other means is known to cause stress.

Medical Conditions, Diseases or Disorders whether diagnosed or not, whether being treated or not, whether improving or not, are all known to cause stress.

Microwave Radiation from cell phones, microwave ovens, portable radios and telephones, television sets and other sources are known stressors with varying affects upon people for reasons currently under investigation.

Nutritional Deficiencies whether caused by disease, disorders, poor nutrition or poor absorption of nutrients are known causes of stress.

Overworking is known to be a major cause of stress.

Pain of any kind, including physical injury, mental trauma, emotional trauma or psychological issues, is a major cause of stress.

Parasites including thousands of medically undetectable parasites; are known to infest the human body. They sap the body's nutrition and energy; thereby causing stress.

Prescription Drugs and other synthetic and toxic chemicals are implicated in every physical and mental disease, disorder or condition known to science, thereby causing stress.

Psychological Conditions, Diseases or Disorders whether diagnosed or not, whether being treated or not, whether improving or not, are all known to cause stress.