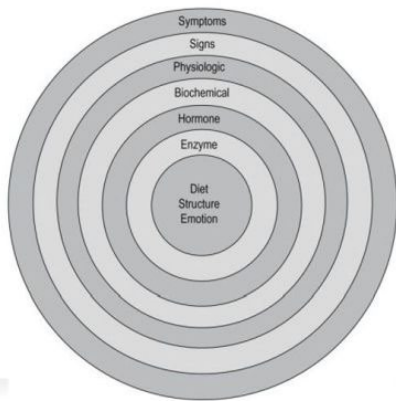
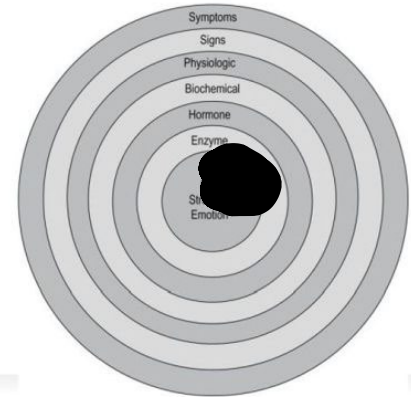


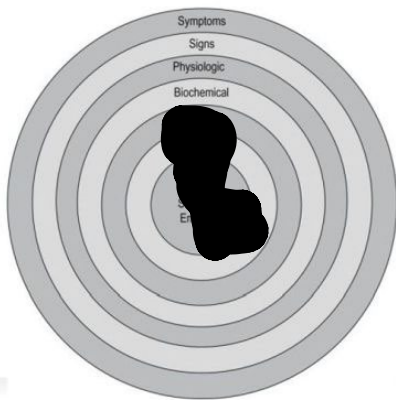
# Fix the CAUSE—Not the Symptom



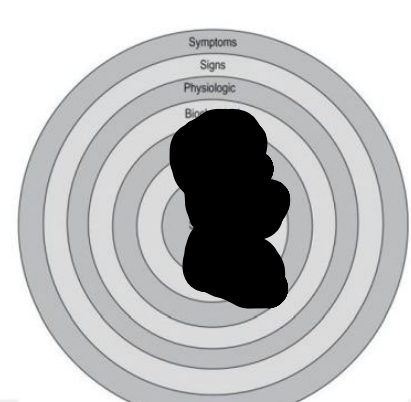
If you have all the components of good health, like diet, structure, activity, etc., you are healthy.



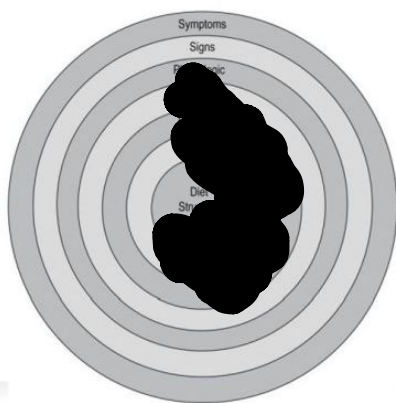
If you do something to undermine your health, like smoke, eat junk food, etc., enzymes are affected.



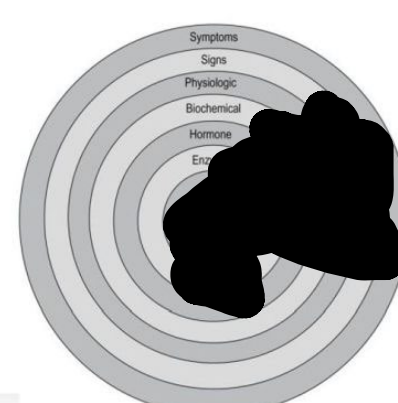
If the situation continues, hormones are affected. For example, if you eat a lot of sugar, you become insensitive to insulin and your adrenal glands are affected.



If the situation continues, it causes multiple problems with the body's biochemistry.



Eventually, physiologic performance is affected. This is the patient who feels that “something is wrong”, but doctors are unable to find the problem.



If the problems are not addressed, the patient develops signs (e.g., positive medical tests), and symptoms.

This is a model of health and disease that was presented by Dr. Emanuel Cheraskin in his book, *Predictive Medicine*. Disease develops when core health issues are challenged. Chemical toxins, poor diet, poor structural integrity, negative thinking, and even genetics can undermine health and eventually lead to symptoms. Medicine focuses on controlling symptoms, which works well in emergency situations. Chronic health issues respond to efforts to restore health. For example, someone with asthma will improve when given magnesium. Magnesium does treat asthma—it treats a magnesium deficiency. Asthmatics respond because magnesium supports their core health issues. Natural healthcare addresses core health issues. It works to shrink the big blob in the last frame, causing it to shrink and the symptoms to abate. Treating symptoms may offer relief, but often those treatments undermine the center of the circle.