

Amazing Life Wellness

What is DISEASE? - What Is HEALTH?

What is DISEASE - Part 1 of 3

By Rich Aydelott of the Amazing Life Institute and Wellness Center

When asking an audience the question, "What is Disease?" they commonly get around to answering, "The Absence of Health." While this is a reasonable answer, it leads us to an interesting place ...

When then asked, "What is Health?" Many in the audience immediately jump to the conclusion that if Disease is the 'Absence of Health,' then "Health," has to be the 'Absence of Disease'... This is absolutely False... This is the myth that perpetuates the current "Symptoms Management" model most common in Clinics and Hospitals throughout our country ...

What is Disease?

Many health care professionals agree that Illnesses and Diseases can be defined as, 'a minor to major 'dysfunction' in one or more of the body's cells, organs and/or systems.' These dysfunctions generally have some identifiable cause, and at least some of the time we are able to reverse the illness or disease.

What Causes Disease?

The short answer is, 'anything that disrupts the normal functioning of our immune System including our cells, organs and/or systems of our mind and body.' The most obvious examples are: Toxins and Parasites (including Bacteria, Virus, Parasites, Yeast, Mold, Fungus, Chemicals, Metals, Acids and Poisons.) Malnutrition plays heavily in the stress allowing Disease to exist.

Less obvious and also of great importance: The inability to resolve Stresses and Anxieties of our Past and Present, Negative Habits, Beliefs and Behaviors, the Inability to Forgive Self and Others, lack of Proper Hydration, lack of proper Movement and Exercise, lack of regular Rest and Relaxation. Body Misalignment and even Scarring can have profound negative effects.

We must invest in our Health, or pay dearly to recover it. Remember, You are your Best Investment!

How Many Diseases Are There?

Surprisingly, the number of diseases seems to depend upon HOW and WHO defines them ... If you go along with the way the 'Disease Industry' currently defines disease, Doctors diagnose a laundry list of symptoms and then they 'label' this particular list of symptoms as 'Disease.' Based upon this model, there are potentially millions of diseases and more coming along every day ...

This is a very Profitable Business model! In the U.S., we are taught from infants that, "Only Highly Trained and Highly Paid Professionals with Very Expensive Testing and Equipment can Help us Manage Our Symptoms." ... How many times have you heard 'the phrase that pays,' "*Side effects may include Death ... Consult your doctor to see if this is right for you!*" Billions are spent every year repeating this advertising message to you ... But is this their message really the truth?

When we become aware of and explore the results of many highly successful Doctors, Researchers, Inventor's and Scientists, each with high levels of success reversing most, if not all forms of disease, there is actually only ONE Illness and Disease ... The problem with this model is, there is No Money in it. ...

Amazing Life Wellness

The real money is in having continuous consumers of high priced pharmaceuticals managing their symptoms without any hope of really getting any better ...

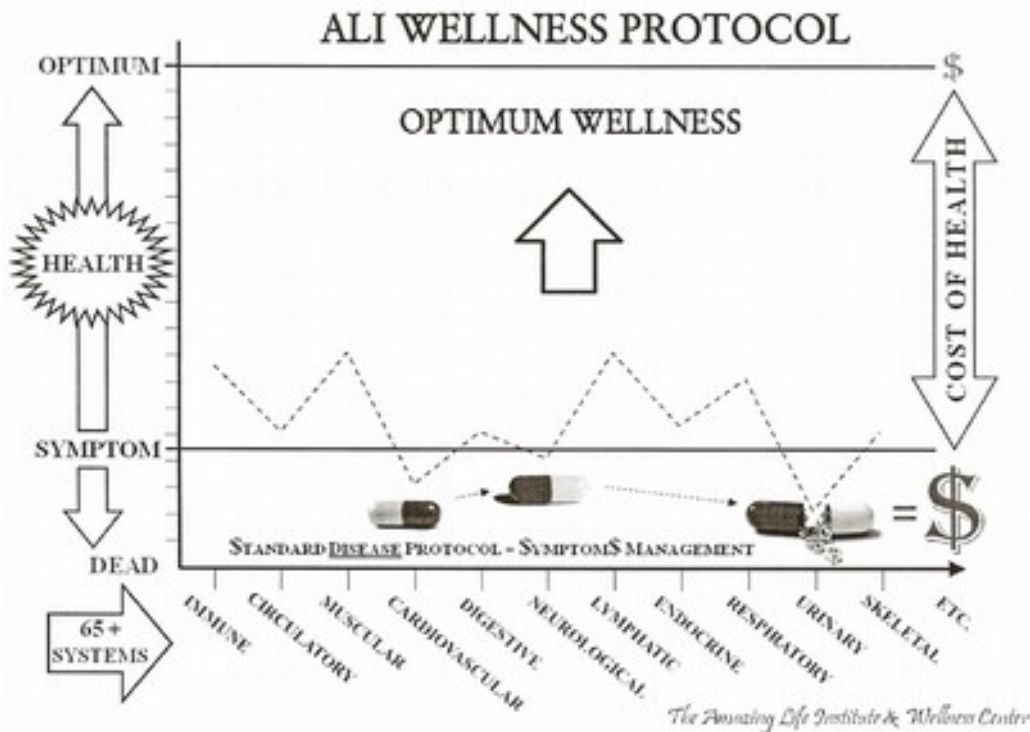
Many Holistic Health Practitioners have high success rates in reversing most forms of illness and disease. Dr. Hulda Clark for example, published several powerful books on the subject, some of them entitled: The Cure for All Disease, The Cure for All Cancers, The Cure for All Advanced Cancers and The Cure for HIV and AIDs. Due to her overall success, she was forced to move her clinic from the United States to Mexico, as did the successful practices of Dr. Max Gerson and Harry Hoxsey Cancer Clinic ...

Defining Disease:

We have all heard that the cause of some illness or disease may be caused by some form of bacteria or virus. What we may never have realized is "Location, Location, Location! While this is widely known in Real Estate, it is rarely considered in the context of Health.

Think about this for a moment. .. The same cause, located in different parts of the body, may have completely different laundry lists of symptoms ... Bacteria located in the joints will have different symptoms than if it is located in the bones, muscles, brain, nerves, etc ... The first point to remember here is, the 'same cause' in 'different locations' may create many different symptoms. The second point to remember is this, 'one cause' has the 'same resolution' regardless of where it is located ...

Dr. Joel D. Walloch said it best, "Dead Doctors Don't Lie!" If our Doctor's are so good at what they do, then how is it their health is no better on average than the people they treat? What is wrong with this picture? We will discuss the solution in part 2 of 3.



Amazing Life Wellness

What is DISEASE? - What Is HEALTH?

What is HEALTH - Part 2 of 3

By Rich Aydelott of the Amazing Life Institute and Wellness Center

What is Health?

One way of defining Health: "The full and complete functioning of our cells, organs and the systems of our Mind and Body."

If we accept this definition, then we must realize there is a big difference between Optimum "Health" and the "No Symptoms = Health" model. We are taught through well meaning friends, family and the ever pervasive Television that, as we age, we basically fall apart, and that sadly, Illness and Disease are 'just a part of life,' and we all have to accept the inevitable ... But do we? Is falling apart and losing our Mental and Physical Health really inevitable?

Consider that when Doctors say, "In my experience ... " their experience is by nature limited. Doctors are only seeing the percentage of people who do not know how and are unable to take care of themselves and their family's health. So, when you really think about it, most doctors are only experienced in helping sick people get sicker. .. No disrespect to doctors, but we cannot cure our mind and body with poisons ... In their defense, 'Most' doctors receive maybe an hour, or less, of training in Nutrition and the positive effects nutrition have in the health and healing of our mind and body.

Why Do We Get Hungry?

We do not get hungry because we are running low on Prozac. We get hungry because our bodies are exchanging over Three Hundred Billion (300,000,000,000) cells every 24 hours - this is over 3.4 Million (3,400,000) cells per second, every second of every day ... When we understand the nutrition we take into our bodies is the building blocks of our cells, this all begins making sense ... We just need to answer the question: Which makes better building blocks for our bodies? Heavily Processed "Dead" food or "Living" Vegetables and Fruits ...

Dr. Linus Pauling, the Father of Molecular Biology and Two-Time Nobel Prize winner in Medicine said, "Every ailment, every sickness and every disease can be traced back to an organic mineral deficiency." Isn't this interesting ... Doctors each take the Hippocratic Oath to first 'Do No Harm.' And yet didn't Hippocrates say, "*Let your medicine be your food and your food be your medicine?*" Of course this was almost 2,400 years ago ... Could this wisdom still be valid?

What Causes Health?

While many things may cause Disease; what 'Causes' Health? The short answer is our Immune System. If this is true, then it makes sense that boosting our Immune Systems will tend to keep us healthier ...

Did you know that Human Blood is chemically identical to Chlorophyll? The only difference is the nucleus of our blood is Iron, which makes blood red, and the nucleus of Chlorophyll is Magnesium, which makes chlorophyll green ... In World War II, chlorophyll was infused into the veins of soldiers when blood supplies ran out, and it worked perfectly without any risk of transferring disease or blood type mismatch. This is how closely related we are to plants!

Dr. T. Colin Campbell, author of 'The China Study' said, "*The answer to the American Health Crisis is 'the food' that each of us choose to put into our mouths each day. It is as simple as that.*"

Amazing Life Wellness

There are Three Main Pillars of Health: A.B.C. Attitude, Build and Cleanse.

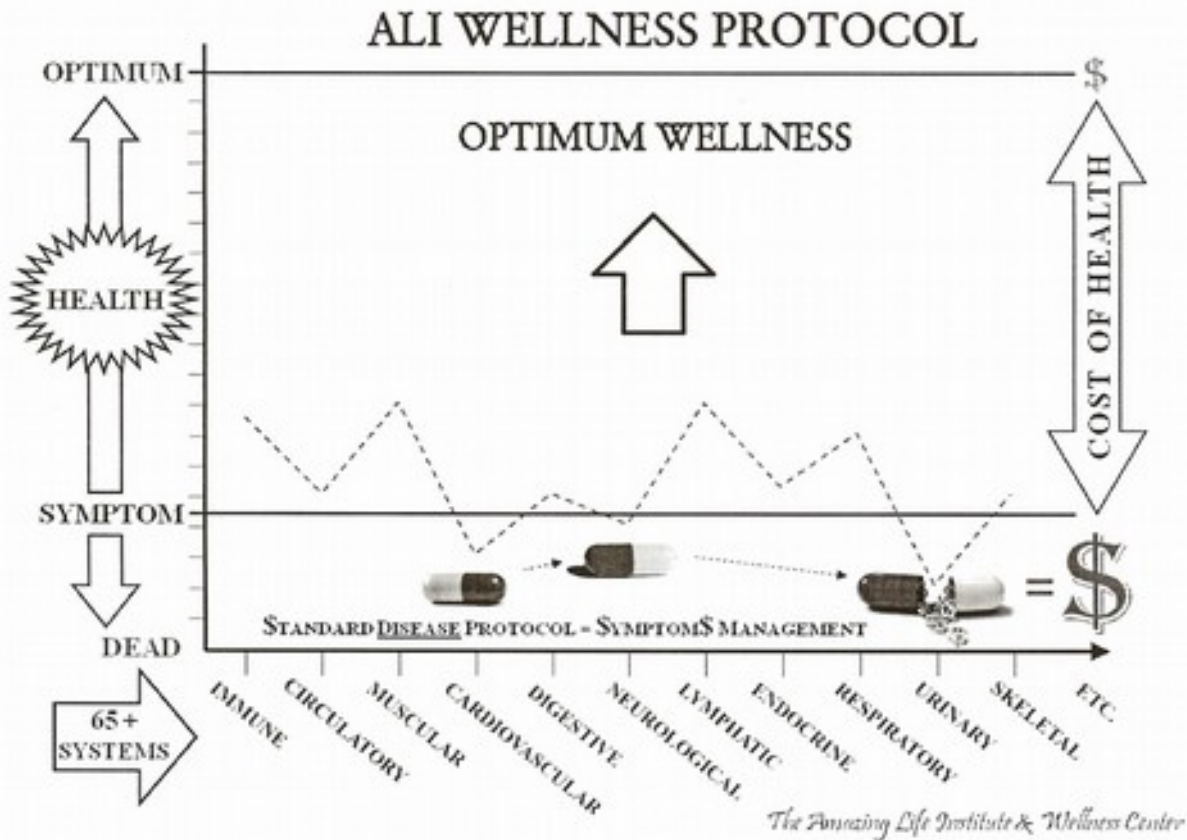
A. Attitude: By effectively improving our positive attitude and learning to resolve past and present stresses and anxieties, our internal chemistry promotes greater health and healing. Positive Self-Worth, Self-Esteem and Self-Image are foundational to our health.

B. Build: By consuming healthy food, drinking pure water, breathing clean air, moving and exercising appropriately, getting proper rest and relaxation, our bodies and minds are better able to boost our immune systems to rebuild and maintain ever-increasing health.

C. Cleanse: By removing built up environmental and dietary toxins and parasites from our minds and bodies, especially our organs and pathways of elimination, including additives, colorings, flavorings, pesticides, GMOs, etc., we lessen the load on our immune System.

Reverse the Problem to Find the Solution:

If Stress, Toxins, Parasites, etc., are the problem, then reversing the problem gives us the solution ... This involves us first becoming aware of what the problem is, and then being willing to take necessary actions to reverse any damage and restore our health to its optimum. Giving our bodies what they need including a thorough cleaning, and optimal health is easier than you think.



Amazing Life Wellness

What is DISEASE? - What Is HEALTH?

How Do We SUCCEED - Part 3 of 3

By Rich Aydelott of the Amazing Life Institute and Wellness Center

In our past installments we discussed, What is Disease and What is Health. Now we are going to discuss How to Succeed in actually Doing what you now know. The "What" is the A.B.C. the "How" is the 1.2.3.

Review:

"A" stands for **Attitude**: Resolve the Past negative emotions and events and create positive Attitudes and behaviors that successfully resolve any stresses and challenges day-to day.

"B" stands for **Build**: Build and Re-Build the Mind and Body using Super-Dense Nutrition, Appropriate Movement and Exercise, Hydration and Rest.

"C" stands for **Cleanse**: Keeping the 5 pathways of elimination open and detoxify the mind and body of all negative Bacteria, Virus, Parasites, Yeast, Mold, Fungus, Chemicals, Metals, Acids and Poisons.

These are the 3 Pillars of Health! And just like a 3 legged stool remains stable, and supports full and complete health.

The How: Create Life-Lasting Success!

"1" stands for The Map. In order to use a Map, you have to know 2 things. Where Are You and Where Are You Going. Without either piece of information, we are less likely to be successful.

Read the Map!

1. First, we inventory your Attitude. Where are you now? and Where do you want to be?
2. Where is your Build? and Where do you want it to be?
3. Where is your Cleanse? and Where do you want it to be?

This may sound too simple, however the truth usually is...

"2" stands for The Plan. In order to get from where you are to where you are going you must proceed step-by-step. Many want to play super hero and leap from the valley floor to the pinicle of the mountain. This is not sustainable because most people will not sustain a plan that has too much involved too early. We must build success upon success if we are to succeed life-long.

Take One Step!

1. Stop 'One Thing' that "Does Not Work" and that is causing Poor health.
2. Start 'One Thing' that "Does Work" and that contributes to Good health.
3. Get comfortable with this step and then Do It Again!

"3" stands for Do. No one thing works for everyone all the time. We must find what works for us and what we will continue doing to reach success.

Amazing Life Wellness

1. Do What You Can Do!
2. Do What You Will Continue Doing!
3. Do the Best You Can Until You Can Do Better!

We have to be realistic with ourselves. How many people will keep doing what they absolutely hate doing? Depending on the nature of the situation and level of recovery, someone who is dying may have to do something they may not enjoy, however we have to do whatever we can to have the time we need to heal. Life is precious and there are always great reasons to live more fully.

Sometimes it comes down to what we can afford or how much time we have available. Some protocols are very expensive and/or very time consuming. Just Do Your Best Until You Can Do Better!

If there is a protocol that is too difficult, say for example, the protocol involves taking large quantities of a substance and the person is choking and gagging each time they take it, the likelihood of them continuing may diminish related to the difficulty they experience. Just Do Your Best Until You Can Do Better!

However, if the substance is vital to our wellbeing, maybe we can take as much as they can honestly tolerate and search for other remedies that support their recovery. 100% of something we are *not* using has 0% effectiveness. Just Do Your Best Until You Can Do Better!

If we do 60 % of this and 20% of that, maybe we can find a 35% of something that puts us over the top ... We need to make sure each part of what we are doing is compatible with the other parts. Also, if they are experiencing diarrhea or vomiting, they may need to back off as dehydration is also very serious and can lead to worsening rather than improving health. Just Do Your Best Until You Can Do Better! (Have You got it!)

We must find what we can and will continue doing even after we get our desired results. This is a Life-Lasting program. Too many times people start feeling better and then back off, or go back to their old ways and end up worse off than when they started. Build success upon success until you are fully comfortable with your success and have created healthy new habits and behaviors, which fully support your complete and Amazing Health.

As we find what works well and we regain our robust health, we can search for even more options that support optimum health. Great new products are always coming out, and we may find more effective, better tasting and/or less expensive options as we continue our journey of helping family, friends and clients learn to heal themselves and keep pass this good information on to others.

It is always good to find well reviewed products, processes, services and protocols, especially when you are first beginning, as you may not yet have the background, experience or understanding to know how and why certain products work well, or that may interfere with healing. Find and consult those with the best track records, and the highest success rates with those they help. Remember to work holistically and in harmony with the body as a whole being.

Here's to your Amazing Health, Happiness and Success!