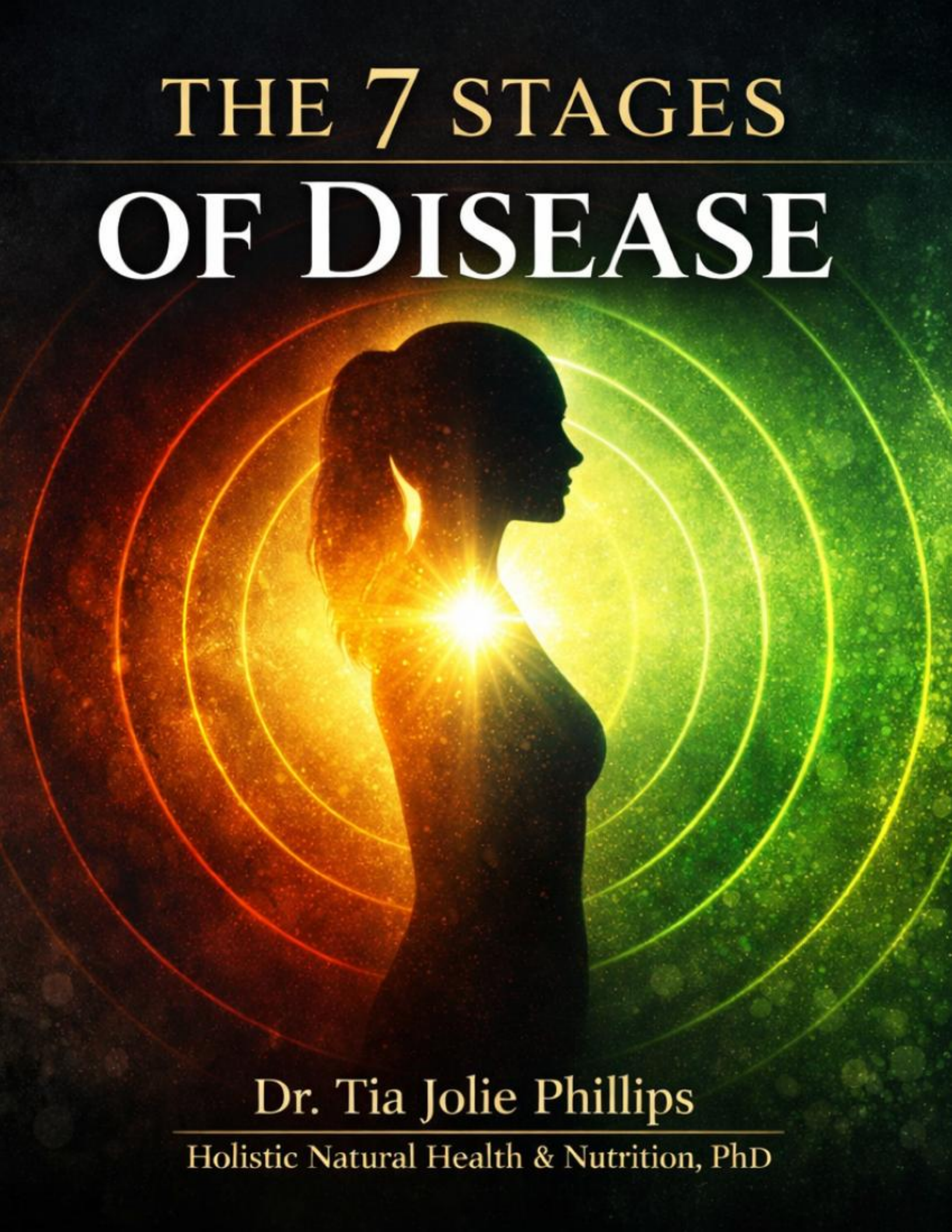
THE 7 STAGES OF DISEASE



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The Seven Stages of Disease v.26a

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Pristine health is your birthright. Energy, vitality, joy, happiness and love of life are elements of your Natural Self. When you make life decisions that keep your body, mind and spirit happy, healthy, and energized, your Soul's experiences in this Earth Space can be relatively "easy". Whereas, diverging from those things that make you powerful, vibrant and healthy will take away from that ease or lead you to a state of "dis-ease".

Your sovereignty over your own Soul—and by extension over your body, which is the personal avatar you use to enjoy this Human Experience and to interact with all things in this Earth Space including its inhabitants—makes you solely responsible for the condition of the Soul Vessel—your body.

George Orwell said, "Truth is Treason in an Empire of Lies." As you try to make sense of the dystopian world around you, consider how many of your health beliefs have been programmed into you including the errant notion that you should "ask your doctor what is best for you." Only your Divine Higher Self truly knows what is best for you. The problem is that there's so much noise that you are not always hearing the heart messages.

Merriam-Webster Dictionary says the term "doctor" is derived from the word "teacher". Medical doctors are generally only qualified to teach you the specific things they learned while studying the medical religion they were taught in their respective medical seminaries—not much else. Meanwhile, true doctors who know the real truths about healthy living—some of whom might be medical doctors who have realized the shortcomings of their formal training—often have much more to teach you about how to keep your Divine Vessel in excellent condition.

With this backdrop, I ask that you look beyond the veils of deceit that have nefariously and systematically obscured health truth from you and consider that disease is not something that you can measure and observe under a microscope. Disease is not something that attacks you because you are so broken, weak or insufficient that you need a medical savior. Disease is merely the lack of vital life energy or health.

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Darkness is the lack of light. Vacuum is the absence of air. Evil is the lack of good. And disease is the lack of health. Darkness, vacuum, evil and disease are not "things". They are not defined by what they are, but by what they are not. As co-creators, people naturally and easily create characters, icons and architypes for these non-entities, but I will challenge you to acknowledge only those real things that fulfill and complete you like light, air, good and health.

Thus, in the spirit of service to your Soul and of support for the Divine Body that helps you have a fulfilling journey as one of We The People worldwide, please take time to innerstand the health teachings contained herein. Perfect health is yours to own. *Your body is self-healing, self-regulating and the divinely perfect vehicle for you to enjoy this Earth Experience with the rest of us*. You are much greater than the mere sum of your parts. You are perfect when you are whole and in balance with the rest of nature.

Here's what divergence from health (disease) looks like to us holistic doctors.

Stage One: Enervation

The word enervation comes from the word energy. Energy is the essence of all life. Your very existence and current state of health depend on how much energy you have available to carry out your body's functions. Enervation is a condition in which the body is not generating sufficient energy for the tasks it must perform. When this occurs, the body becomes impaired and generates even less energy. The broken modern medical paradigm would have you believe that individual parts of your body can be "sick" or diseased. This reductionist view of your amazing body is errant.

When your cellular energies are low or deficient, all bodily functions are impaired to some degree, including the elimination of the toxic metabolic by-products (endogenous) and those your body acquires from environmental and dietary residues (exogenous). A certain amount of toxicity in your body is totally natural, but when there are more toxins than your body can process and eliminate, then problems arise. This situation further inhibits your ability to restore depleted energy, which, in turn, allows the body to become overloaded with toxic materials.

Since energy is restored when you sleep, the first warning signs you will get when you are nearing enervation are being tired and feeling sluggish. You may feel the need to take naps or sleep more at night. Ignoring enervation leads directly to the second stage of disease.

Stage Two: Toxemia (Toxicosis)

Toxemia or Toxicosis occurs when the excess toxins described above start to saturate the blood, interstitial fluids, lymph system and your organ tissues. Your body recognizes this imbalance and immediately seeks to correct it by cleansing itself to maintain its integrity.

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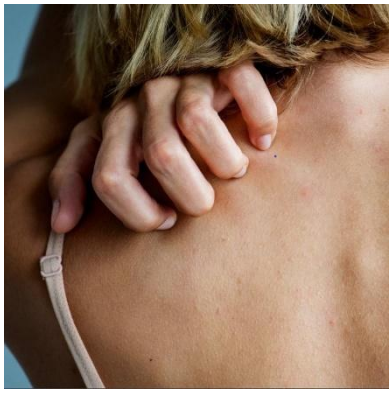
Your mucosal linings are often your first defense as you start to flushing out the toxins. You may experience runny nose, sore throat, skin redness or irritation, coughing, urinary smells, puffy eyes and even vomiting or diarrhea.

Nutritional insufficiencies or deficiencies of dietary vitamins, minerals, plant fibers, proper hydration, electrolytes or enzymes will greatly impede your body's ability to remove toxins. Oppositely, fresh air, regular sunshine, good sleep, prayer/meditation, fresh foods, ample clean water, being social, having life balance, and mitigating stressors of all types will help you detoxify more efficiently.

Ignorant medical practitioners who do not respect your body's innate intelligence will seek to stifle your body's detoxification efforts with claims that you have come down with a "virus" or the "flu." In turn, these so-called professionals prescribe petroleum-based and laboratory-rendered chemicals called pharmaceuticals that slow or stop one or more important metabolic functions in the name of relieving symptoms. Naturally, the introduction of such unnatural chemicals worsens your situation by further burdening your body's energy supply.

If you are overworked, stressed, or missing vital nutrients, you will likely feel more tired, fatigued and/or sluggish as your cellular energies become more taxed. Left unresolved, persistent levels of toxemia resulting from your inability to clear your body's toxins will move you to the next stage of disease.

Stage Three: Irritation



While enervation's most recognizable warning signs are tiredness and fatigue, your body's unresolved toxicity ultimately results in irritation, which yields more recognizable warning symptoms that are difficult to ignore. In short, your body is going to start yelling at you to raise your awareness of your increasingly toxic condition with the hope that you will make better health choices to permit the reduction of toxins.

Irritation is a condition where your body's defenses speed up internal activities for the purpose of divesting itself of toxic overloads. These signals may appear anywhere on your body and with varying intensities.

Itchiness is a common irritation signal. Your skin is your body's largest organ, but it is also a critical vector for toxin elimination. Your body uses its roughly four billion skin pores to shed toxins from the top of your head to the bottoms of your feet.

When your body signals you to itch, you scratch. The itchiness and irritation are signs that toxins are being shed and your scratching action helps facilitate the removal process. Upside-down medicine

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seeks to block the itch while holistic methods focus more on *helping the body* do its work. Not everyone experiences itchy skin during the irritation stage. Instead, some feel queasy or nauseous for no apparent reason throughout their day. Others feel jumpy or "on edge" while still others are emotionally triggered very easily.

Prolonged periods within the irritation stage can result in persistent nervousness, depression, anxiety and worry. It is very typical to have frequent headaches, minor aches and pains throughout your body, or an inability to fall and stay asleep. Even more, you may put on a bit of weight, get bad breath, see your tongue get coated, realize body odor, see a sallow complexion, or get dark circles under your eyes. Women may experience extraordinary menstrual problems or heavier menstrual flow, which is yet another means whereby their bodies can eliminate poisons.

Unfortunately, people may live years in a state of irritation without ever knowing what's beating them up. They remain in this "health limbo" with their poor lifestyle and dietary decisions, and nutritional insufficiencies. When left ignored and unresolved for prolonged periods, the aggregation of toxic residues resulting from enervation, toxemia and irritation will lead to the fourth stage of disease.

Stage Four: Inflammation

Inflammation is your body's intense effort to cleanse and restore itself. You will know when you get here because your body will make you keenly aware by involving pain. When silly medical people mask your pain with pain killers, they ultimately worsen your condition while rarely considering the root cause of the pain.

Pain does not occur haphazardly. Pain has purpose. It's the body's most effective warning signal. It alerts you that, without corrective measures, you are endangering yourself. The body is desperately trying to rid itself of the ever-increasing number of toxins before they cause devastating damage. Pain is a cleansing, healing mode of the body as it tries to fix itself.

With inflammation, your body's toxins are usually concentrated in your organs or in a particular area for a massive eliminative effort. These areas become inflamed due to the constant irritation from toxicity. Medical labels for this healing mode usually end in "-itis". Inflamed tonsils, liver, joints or colin are tagged with tonsilitis, hepatitis, arthritis, and colitis, respectively.

When a lymph node becomes inflamed—you guessed it "lymphadenitis"—it enlarges and becomes tender. A swollen lymph node or gland is an obvious warning that toxic clean-up is long overdue. Inflammation or fever is your body's crisis response to a life-threatening situation. Your body stokes up a fever to increase and intensify repair actions needed to cleanse and repair. Every one-degree fever increase in your body temperature doubles your body's aggregate immune response. Thus,

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plus two degrees is a quadrupling while a three-degree increase represents an eight-fold increase in immune response.

Fevers are not the enemy. They are necessary and only rarely require a cool or tepid washcloth to temper them. As you might imagine, pharmacological medical interventions to "fight a fever" can thwart your body's efforts to fight infection, and may severely damage your organs or worsen the situation.

Because of the magnificent number of energy-draining tasks your body is burdened with at this point, it is no surprise that it will slow or stop digestion, reduce blood supply to your brain and sex organs, and slow down all other non-essential bodily functions. Your body is fighting a war. Inflammation represents the mobilization of resources and fever is yet another healing activity.

Adding drugs to your body, fighting against your fever, or otherwise dishonoring your body's signals for sleep and rest can accelerate you to the next stage of disease.

Stage Five: Ulceration

The fifth stage means that the body has been under assault for such a long time that massive amounts of cells and tissues are being destroyed. These perforations are literally holes in the tissues many of which can be very painful as they expose raw nerves.

Ulcers can occur inside or outside of the body. While the body may use an ulcer as an outlet to rid itself of toxins, it will heal the ulcer if the level of toxemia is sufficiently lowered. The term "clinical" refers to something that is measurable or observable. Some ulcers are sub-clinical, meaning they can go undetected as they are "under" your body's threshold of perception. These may become very problematic.

As an example, a gastrointestinal perforation or "leaky gut" may permit denatured partially digested proteins, oxidizing compounds (free radicals) and other cytotoxic compounds to squeeze out of your digestive system into your body's interstitial fluids and circulatory system. Some may enter your brain and damage it. Such perforations can lead to autoimmune disorders, brain issues and neurological disruptions. In short, ulcerations and perforations are bad deals for your health. Ignoring them will advance you to a higher disease stage.

Stage Six: Induration

Induration is a hardening of tissue. As with your body's other healing modes, it is often misunderstood and demonized as being life-threatening. However, hardening has real direction and purpose in that it is often a lifesaving measure your body takes to encapsulate and isolate threatening

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substances or misbehaving cells into a hardened sack of tissue. Consider it a sort of hazardous material "quarantine"—a holding bin that inhibits the poisons' ability to move or spread. These sacks, often called tumors, are frequently used as fear porn to get you to submit to medical authority.

Induration is the last stage during which the body is still in control—albeit barely—of its cells. It represents the last chance to make immediate and profound lifestyle, dietary and nutritional changes. Holistic practitioners generally consider this stage (and the previous five stages) reversible with proper and intense "true health" interventions.

As with the previous stages though, should the destructive practices continue, your cells and tissue systems will most likely become unrecoverable. In rare situations, you may recover, but if you survive there will most certainly be long-term damage to cells, tissues and organs. You are well-advised to make better health choices immediately, lest you progress to the next stage.

Stage Seven: Cancer

This is the end point in the long journey of neglected health—a road leading to what is usually called "cancer". If the causative factors continue, the results are often fatal. Body vitality is extremely low, individual cells are radicalized, and renegade cells multiply wildly and randomly. Although, in the best circumstances, with a most healthy regimen, cancer can be arrested and reversed. This endeavor would take a diligent, concentrated effort.

The "rogue cells" are misbehaving because they were forced to live in toxic sewage and metabolic sludge. They often become parasitic, living off whatever nutrients they can scavenge while contributing nothing to your body. The incessant poisoning has finally damaged their genes and caused them to become wild and disorganized, incapable of the intelligent, normal, organized actions that would have otherwise occurred in a body with a healthy terrain.

All through the first six stages of disease, the body gives incessant warnings. When you heed those warnings and take remedial actions, they cease, and you heal. The good news is also the bad news: You alone are responsible for your health. Your body will signal and warn you until the moment you cease living. Honor your body as it is always correct. Make healthy choices early and often. The quality of your life depends on it.

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About the Author

Earth Inhabitants know Tia Jolie Phillips as a Doctor (PhD) of Holistic Natural Health & Nutrition, a spouse, a parent, a grandparent, an aviatrix, a military veteran, a musician and a truth-seeker. Her goal in this Earth Space is to bring forth Heaven on Earth by serving as a catalyst for love, peace, kindness, compassion, empathy, creativity and passion.

She does not accept money for her consultancy or services and maintains that her payments come from The Divine. Donations are used to help people who cannot help themselves.

You may find self-health resources at TargetedNeeds.com or contact her via her main website at TiaJolie.com.

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