Stop Treating Disease, Start Building Health
With Steven Horne, RH(AHG)

A Journey of Discovery

Reframing Our Understanding of Health

HEALTH STATUS
☑ Awesomest
☐ EXCELLENT
☐ GOOD
☐ AVERAGE
☐ POOR
A Metaphor for Health

• Most people think of health as the absence of disease
• But, it's really the reverse—disease is a lack of health
• Think of health as light and disease as darkness
• You don't "cure" the darkness, you bring in the light

Life is Energy

• The "light" of health is really energy
• Health is a vibrant state of high energy
• Disease is a diminishing of this energy
• The complete loss of this energy results in death
• This is why the concept of energy is central to traditional systems of healing

The Light-Energy of Life

• Different cultures have different names for the life energy, such as:
  – Qi (chi) – TCM
  – Prana – Ayurveda
  – Spirit – Native American
  – Vital Force – Western Herbalism
• Modern Medicine believes there is no "ghost" in the machine, that health is purely structural and biochemical, not energetic
Who Are You?

• Think of the infant, child, teenager, young adult and person that you now are
• Physically, they are completely different, yet, you are still you
• In about seven years all the matter in your body is completely exchanged for new matter, so that none of the matter that was in your body seven years ago is still there today
• So, how can “I” be just something physical?

Restoring Health is Treatment by Prevention

“That same thing that will prevent disease will cure it.”
—Samuel Thomson

“Remove the cause and the effect will cease.”
—Samuel Thomson

Rebuilding health means doing the things you should have done to stay healthy in the first place!

Naming Diseases Isn’t Necessary

• Most diseases are simply names for patterns of symptoms, with no real understanding of underlying causes
• Example: Arthritis
  “The knowledge of a name is cumin and anise...but in the knowledge of the original of a malady lies the weightier matter of this science. All without it is real quackery.”
  — Samuel Thomson
Why?

- ...the people are kept ignorant of everything of importance in medicine, by its being kept in a dead language [Latin]"
  
  – From New Guide to Health by Samuel Thomson

Eschew Obfuscation

- The naming of diseases in Latin obscured the fact that these names were merely descriptions of symptoms in Latin (i.e. arthritis, laryngitis, etc.)
- Today, many disease names are actually invented by marketing companies to make conditions sound more serious so you can sell more drugs
  - Shyness is now "social anxiety disorder"
  - Heartburn is GERD (gastroesophageal reflux disease)
  - Restless children now have ADHD (attention deficient hyperactive disorder)
- Some names of disorders have simply become more elaborate so they are more socially acceptable, too
  - Shell shock became battle fatigue which became post traumatic stress disorder (traditional medicine called it enervation)

But, It’s Worse Than That...

- ... “Diagnosis” has reference to the classification of disease according to received nosology [the classification of diseases]; that it means naming the affliction...[the doctors] travail in diagnosis until a suitable name is delivered. And then they consult their memory and books for recipes to throw at this name, which to them seems almost an entity.
- It looks absurd when thus plainly stated, yet it is true to a far greater extent than the majority suppose...
  
  – From Specific Diagnosis by John M. Scudder, 1874
Prescribing at Names

• The student would certainly think, from this teaching, that getting a name for a disease, was the first and principle object in medical practice—men pride themselves on their skill in naming diseases—calling it diagnosis.

• What can be more natural than that medicines should be prescribed at names, when so much trouble is taken to affix them?

— From Specific Diagnosis by Scudder

I have no idea...

• Anxiety
• Chronic Fatigue
• Depression
• Excess Weight
• High blood pressure
• High cholesterol
• Insomnia
• Pain of any kind
• Ringing in the Ears

Disease is a Method of Life

• Man has but one life, and it is the same in all parts. The normal manifestations of this life we call health; the abnormal manifestations of it disease. If we can always think of disease as a method of life, in a living body, we will have gotten rid of an old error...

• Disease, then, is not an entity—something to be forcibly expelled from a living body—but is actually a method of life.

— From Specific Diagnosis by Scudder
In Short, Symptoms Aren’t the Problem

- Symptoms may be annoying, but they are the RESULTS of diminished health and vitality, not the CAUSE of it.
- Therefore, treating symptoms is trying to fix the effect, without addressing the cause.
  “Remove the cause and the effect will cease…”
  —Samuel Thomson

Reframing Symptoms

- Using any medication that alters a symptom without fixing its cause is like trying to fix your car by short-circuiting the car’s sensors.
- All you’re doing is making it easier to ignore the fact you have a problem and postpone dealing with it properly.

The Body Gives Us Feedback

- The body communicates its needs through uncomfortable sensations, such as:
  - Hunger = We need nourishment
  - Thirst = We need water
  - Fatigue = We need rest
  - Restlessness = We need activity (exercise)
- These sensations are relieved when we provide what the body needs.
Symptoms as Messages

• When a symptom is a message from the body, it cannot be “cured” by trying to block or suppress the message
• It can only be cured by responding to the message with whatever the body needs
• For instance, if water is needed, nothing but water will restore the health of the body

Example: Caffeine

• Binds to adenosine receptors (a neurotransmitter that tells you you’re tired and need to rest) inhibiting them
• Body builds new adenosine receptors to bypass the caffeine in about 10 days
• More caffeine is needed to override the body’s compensation
• In short, caffeine cannot replace rest for energy replenishment

Messages of Discomfort

• Other symptoms are messages telling us that something we just did caused harm to our body, such as something we’ve eaten that wasn’t good for us
• Pain is the most obvious of these signals, but they can also include:
  – Digestive upset
  – Headaches
  – Brain “fog”
  – Feeling “moody” or “irritable
Example Two: Headaches

- Pain communicates something is wrong that needs to be addressed
- Headaches can be signs of:
  - Dehydration
  - Food allergies
  - Excessive stress
  - Poor posture
- Pain killers block pain signals but never fix the problem causing the pain

Symptoms as “Healing Processes”

- Many symptoms are generated by the body in an effort to heal itself
- These symptoms are part of our protective immune responses and include:
  - Nausea and vomiting
  - Diarrhea
  - Sinus drainage
  - Coughing
  - Skin eruptions like rashes
  - Sweating

Symptoms as Coping Mechanisms

- Chronic disease symptoms are the result of the body trying to cope with:
  - A lack of nutrients needed to sustain health
  - The presence of irritants and toxins that are damaging the body
  - Ongoing mental and emotional stress that is not being dealt with in a constructive manner
A Different Way of Looking at Symptoms

- My biggest breakthrough in natural healing was when I learned that disease symptoms are not the enemy.
- In fact, I came to the conclusion that disease symptoms were actually GOOD and served as guides to what was needed for effective therapy.
- In fact, in some cases the symptom IS the cure.

The Cold IS the Cure

- "The body’s “terrific attempt” to burn up these waste products results in fever. And it is the changes (usually destructive) in the organs being used as avenues of emergency vicarious elimination which constitute the pathology, or conditions and processes of a disease."
- “Following this line of thinking, the name of a disease is based upon a description...of the changes in the organs being used as emergency avenues of elimination.”
- "Disease is nothing else but an attempt on the part of the body to rid itself of morbid matter.”

From Food is Your Best Medicine by Dr. Henry Bieler

So, What Are “Diseases?”

- Diseases are generally names for collections of symptoms. These symptoms are either messages or coping mechanisms.
- As messages, symptoms are telling us:
  - 1) We lack something necessary to sustain health OR
  - 2) We are doing (or have done) something that wasn’t good for our health
- As compensating mechanisms, symptoms are the result of the body:
  - 1) Trying to expel something that is damaging or irritating OR
  - 2) Trying to compensate for the lack of something it needs to sustain health or the presence of something that is harmful to health
Symptomatic Relief Isn’t Healing

Even if We’re Relieving Symptoms with Herbs or Supplements

We Don’t Have a Health Care System, We Have a Disease-Care System
Alternative Allopathy

- Switching to alternative remedies (herbs, vitamins, minerals, etc.) while still thinking in terms of getting rid of symptoms (diseases) will never result in good health
- Medications that are effective at relieving symptoms will also cause an overall decline in health and energy

Natural healing isn’t about fighting disease—it’s about nurturing health

This is An Incomplete Model
My Personal Mission

To heal is to make whole...

- Wholeness has the same Latin roots as holy and health
- To heal anything is to restore it to oneness, including:
  - The physical body
  - Body, mind, spirit
  - Families, communities, nations, humanity
  - Humanity and nature
  - Humanity and God

A Holistic Model of Disease
First, Who Has the Disease?

Disease (Symptoms)  
Constitution (Genetics)  
Remedy

Second, What is the Environment in Which the Disease is Arising?

Disease (Symptoms)  
Environment  
Remedy

Finding the Cause  
Leads Naturally to the Remedy

“Let names of all disorders be,  
Like to the limbs, joined to the tree,  
Work on the root, and that subdue,  
And all the limbs will bow to you.  
The limbs are cholic, pleurisy,  
Worms and gravel, gout and stone,  
Remove the cause and they are gone.”  
— Samuel Thomson
Addressing Root Causes

- Unresolved emotional trauma and stress
  - Emotional abuse
  - Negative thoughts
  - Buried emotions
- Nutritional deficiencies
  - Poor diet
  - Dehydration
- Toxic overload
  - Poor elimination
  - Environmental toxins
- Physical trauma
  - Exposure
  - Injury
  - Sleep deprivation
  - Lack of exercise
  - Poor posture

The ABCs of Actual Healing

- A = Activate
  - Heal unresolved emotional trauma and abuse
  - Activate healing energy with positive thoughts and emotions
- B = Build
  - Obtain the nutrition the body needs through a healthy diet and appropriate supplements
- C = Cleanse
  - Keep eliminative channels working properly
  - Minimize exposure to environmental toxins
The ABC+D(E) Approach

• +D – Direct Aid
  – Balance biological terrain using appropriate herbs
  – Support weak body systems through herbs, supplements and specific natural therapies
• (E) – Emergency Aid
  – Render appropriate first aid or trauma care for injuries

A Few Resources

• Stop Treating Disease, Start Building Health by Steven Horne
• Modern Herbal Medicine by Steven Horne and Thomas Easley
• The Comprehensive Guide to Nature’s Sunshine Products by Steven Horne and Kimberly Balas
• 7 Keys to Effective Natural Healing Course

A—Activating the Healing Response

• The primary tool for healing is your BELIEF that you deserve to be healthy and happy and that you can achieve this state of being
• You ACTIVATE healing energies by identifying and releasing attitudes and emotions that are blocking the flow of your life energy
Stuck Emotional Energy

- Emotional energy is the “currency” of life
- Our primary motivation is to gain emotional stimulation (usually positive) and to avoid stress
- Unfortunately, our emotional energy is often “damned” in our bodies
- The result is shallow breathing and muscle tension (lack of flow)

Healing Starts with Self-Love

- The basis of health is self-care
- When we don’t love ourselves we don’t take care of ourselves
- Addictions, junk food and other things we do to abuse our body aren’t ways of seeking pleasure, we use them to numb ourselves to our inner pain

The Mind and Heart as Creative Tools

- Numerous experts in the field of human potential tell us we magnify (or create more of) what we focus our mind and emotions on
- Positive Thoughts = Constructive Thoughts (what I want)
- Negative Thoughts = Destructive Thoughts (what I don’t want)
Is Your Focus Positive or Negative?

**Negative**
- Thinking about what you don’t want
- Thinking about your problems
- Trying to avoid stress
- Trying to anticipate the future (worry)
- Thinking about what you don’t have

**Positive**
- Thinking about what you do want
- Thinking about solutions
- Making time for pleasure
- Focusing on what you need to be doing right now
- Being grateful for what you do have

Two Magic Reset Buttons:
What do I (you) want?  Counting your blessings

Changing Our Focus

<table>
<thead>
<tr>
<th>Disease Focus</th>
<th>Health Focus</th>
</tr>
</thead>
<tbody>
<tr>
<td>• How do I cure this?</td>
<td>• How do I build good health?</td>
</tr>
<tr>
<td>• How do I get rid of this?</td>
<td>• How do I stay healthy?</td>
</tr>
<tr>
<td>• I don’t want to get sick.</td>
<td>• Diseases are “earned”</td>
</tr>
<tr>
<td>• Diseases are “caught”</td>
<td>• I have the power to overcome my family’s health problems</td>
</tr>
<tr>
<td>• This problem is inevitable, it runs in my family</td>
<td>• My health is one of my most vital assets, I’m going to take care of it</td>
</tr>
<tr>
<td>• I’m too busy to take care of my health</td>
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B—Build the Body with Nutrition

- Your body needs nutrients
- The best source of nutrients is whole, natural, chemical-free, minimally processed foods that are nutritionally dense
- So, food is your best medicine
- Good food is more important than herbs or supplements in healing
A Cultural Problem

• Big agribusiness is government subsidized
• Many of these crops are now GMO and all rely heavily on chemicals
• This makes unhealthy food artificially cheap
• In contrast, organic growers have to pay extra to be certified, increasing the cost of organic, natural foods
• This is making it increasingly difficult for low income people to eat healthy

Voting with our Dollars

• The best way to change this situation is not politically, it is economically
• When we buy high quality food, locally grown food, organic food, etc. we have more power to change the system than we do at the ballot box
• Dr. Bernard Jensen said that if we don’t spend our money on good food, we’ll spend it on doctor bills

Forget the Philosophy

• The goal of eating healthy should be to help me feel good both physically and emotionally
• Eating healthy is NOT about following a rigid philosophy, it’s about learning to pay attention to the body’s needs
• There is no one perfect diet for everyone
Listening to the Body

• Engage your senses when you shop for food—what looks good, smells good, feels good and tastes good
• Quality and flavor = nutritional density
• Also observe the aftermath of eating foods — do you feel good or do you experience digestive upset, sleepiness, brain fog, irritability, etc.

C—Cleanse Your Body and Life

• Cleansing is about:
  1. Making sure your eliminative organs are functioning properly
  2. Minimizing your exposure to allergens and environmental toxins
• It’s about avoiding, or getting rid of, what is harmful to your health

Environmental Health is Essential

• We are part of the environment
• We cannot poison the air, water and soil without poisoning ourselves
• Our civilization is destroying the environment and poisoning it for future generations
• We need to think about what kind of world we are leaving for future generations
Fasting: The Oldest Healing Method

- Involves going without food for a period of 24-72 hours or longer while drinking plenty of water
- One can also do modified cleansing fasts, such as:
  - Juice Fasting
    - Fasting for 24-72 hours on fresh, raw vegetable or fruit juices
    - Lemon and maple syrup fast (Master Cleanse)
  - Elimination Fast
    - Cutting a specific item out of the diet for a period of 7-14 days such as sugar, caffeine, gluten or dairy

Healing via Elimination

D—Provide Direct Aid

- Balance the biological terrain with appropriate herbal remedies
- Support weakened body systems with appropriate lifestyle changes, herbs, nutritional supplements and emotional healing work
E – Emergency Care

• Treat physical trauma with appropriate first aid
• Treating severe physical trauma is best done by modern medicine
• Use medical procedures (drugs and surgery) to stabilize life-threatening situations

What Kind of Medicine Do You Want?

Superior Medicine
• Gradually helps the body rebuild good health
• Helps to balance and normalize body function
• Is nontoxic and does not produce harmful side effects, but may have occasional adverse reactions due to differences in constitution
• Rebuilds health so at some point you can stop taking it

Inferior Medicine
• Rapidly relieves symptoms, but does not restore good health
• Upsets the normal balance of body function by forcing an artificial change
• Uses toxic substances and has the potential for harmful side effects
• Have to continue taking it to have the effect, may even build tolerance to it

The Choice is Yours
Question and Answer Period