

*When health is absent, wisdom cannot reveal itself, art cannot be manifest,
strength cannot be exerted,
Wealth is useless and reason is powerless.*

Herophiles 300 B.C.

Nothing is more devastating than having false information and false beliefs about the source of health and illness. False beliefs about the source of health and illness have resulted in more death and suffering than all wars combined. There is nothing more important than learning the truth about the source of health and illness.

Health is an innate, natural phenomenon; being healthy is normal, it is what you are genetically programmed to express. All illness is based on adaptation to stressors from a pathological (toxic and/or deficient) environment. Stressors are the root cause of all illness. Every time you are exposed to stressors from toxicity (for example, poisons or trauma, etc.) or from deficiency in the required resources or nutrients (including properly moving vertebral joint complexes within your spine) your body needs to express health, your body is forced into a state of adaptation, a state of emergency breakdown for short term survival.

In order to understand the devastating effects of chronic stressors from toxicity and deficiency, it is necessary to understand three scientific facts:

1. Chronic stressors from toxicity and deficiency result in chronic increased stress signals going to the stress centers of your brain.
2. Chronic stimulation of the stress centers of your brain causes chronic release of stress hormones throughout your entire brain and body.
3. Chronic release of stress hormones is the root cause of all chronic lifestyle diseases of civilization including heart disease, stroke, obesity, cancer, fatigue, depression, anxiety, etc.

To understand the devastating effects of the chronic stressors from toxicity and deficiency, one must understand the devastating effects of the chronic stress hormonal cascade. In an actual state of emergency, the effects of the stress hormonal cascade can save one's life. However, when in a chronic state of stress from toxicity and/or deficiency due to genetically incongruent nutrition, activity patterns, thought patterns, physical trauma, and chemical stressors such as pollution, industrial and farming chemicals, and toxic food additives, these effects turn deadly. You have NO GENETIC DEFENSE against chronic elevated stress hormones release from chronic stressors in your environment – whether they are internal or external. We are simply NOT designed, nor able to adapt to chronic states of moving poorly, eating poorly and/or thinking poorly.

Short-Term Survival Effects of Stress Hormonal Cascade Release

Increased Heart Rate and Blood Pressure: this is necessary for the increased exertion and to circulate all the hormones and energy substrates for flight or fight.

Increased Blood Sugar (Breakdown of Glycogen and Protein from Muscle and Connective Tissue): you need the blood sugar for energy for flight or fight.

Down-Regulation of Insulin Receptors: this allows you to prevent storing the blood glucose that you need for flight or fight.

Increase Fatty Acids in the Blood: these can be converted to glucose for more energy for fight or flight.

Increase Clotting Factors in the Blood: this is to help clot a wound from flight or fight.

Down-Regulation of Genes for Uptake of LDL Cholesterol and Production of HDL Cholesterol at the Liver: this is because LDL cholesterol is important in both wound clotting and for making more stress hormones.

Down-Regulation of Cellular Immune System: this system cannot save you from an attack; it is only useful IF you survive the attack. This system also uses a great deal of energy so it makes sense to down-regulate it UNTIL you have survived the acute threat.

Stimulation of Brain Areas for Signal Detection and Down-Regulation of Brain Areas for Attention, Learning, and Short Term Memory: this allows you to focus on escape routes and prevents you from focusing attention on any single threat.

Stimulation of Brain Areas for Fear and Anxiety: this keeps the stress hormonal cascade flowing for as long as you need them – for as long as you are in the acute crisis.

Down-Regulation of Brain Areas for Relaxation and Pleasure: you do not want to be relaxed or associate pleasure with periods for acute danger.

Down-Regulation of All Growth Hormones and Digestive Activity: you do not want to be sending blood and using energy in areas for growth and/or digestion at the expense of surviving an acute crisis.

All of these effects of stress hormones are designed to allow you to survive a short term emergency. Without these genetically expressed adaptations, you would die from any acute stressors. HOWEVER, chronically eliciting these responses due to toxicity and deficiency (moving poorly, eating poorly, thinking poorly, trauma) can ultimately lead to fatigue, illness, and death.

The Devastating Effects of Chronic Stress Hormonal Cascade Release

CHRONIC increased blood pressure, increased heart rate, increased clotting factors, increased blood fat, LDL cholesterol, insulin, and glucose **LEAD TO HEART DISEASE AND STROKE.**

CHRONIC increased blood sugar, increased blood fatty acids, and a down-regulation of insulin receptors leads to chronic increased insulin production and **DIABETES, HEART DISEASE, AND OBESITY.**

CHRONIC down-regulation of the immune system and increased insulin leads to decreased sex hormone binding globulin which leads to **CANCERS, COLDS, FLUS, and OTHER INFECTIONS.**

CHRONIC down-regulation of the learning and attention centers and up-regulation of the anxiety and fear brain centers leads to **ANXIETY, FEAR, DEPRESSION, LOW SELF-ESTEEM, and LEARNING and ATTENTION DEFICITS.** Being in a state of chronic stress uses up your SEROTONIN so you do not have enough left to elicit feelings of happiness and contentment.

These effects are ALL caused by stress from toxic and deficient lifestyle choices (eating poorly, moving poorly, and/or thinking poorly). Taking drugs to mask the effects (symptoms) is NEVER going to solve the problems or address the causes or sources and taking drugs actually creates more stress within the system. Drugs are toxic and actually lower cell function. The real danger is that they can make you feel better while you become severely ill and slowly lose your health. The only way to get healthy and stay healthy is to REMOVE the stressors and to PROVIDE the proper nutrients for eating, moving, and thinking: **PURITY AND SUFFICIENCY.** Vertebral Subluxation Complex occurs in spinal tissues that have lost normal motion and alignment due to stress from improper diet, deficiency in movement (prolonged sitting from work or sedentary lifestyle), trauma (physical, emotional, psychological), lack of exercise, and toxic emotional or psychological thought patterns. Vertebral Subluxation Complex causes spinal decay that results in toxic levels of body-mind stress signals (nociception) and deficient levels of body-mind healing and energizing signals (proprioception). This causes the entire body and mind to move away from energized health and toward fatigue and illness – and, if this occurs for a prolonged period – toward susceptibility to chronic illness.

The correction of Vertebral Subluxation Complex removes stress and increases healing and moves the body and mind toward health and vitality. Once this occurs and you have less stress signals, it is much easier to implement dietary, exercise, and thought pattern choices that are congruent with our genetic profile and which are necessary for one to reach one's potential for health and wellness.