



## 10 Fundamental Scientific Truths Regarding Health and Sickness

1. All living things are composed of individual living cells working harmoniously together in a *self-healing* and *self-regulating* ecosystem to maintain homeostasis, health, and life.
2. Our cells are innately or genetically equipped from birth with all the necessary intelligence to function properly. Our cells are programmed for homeostasis and health and they **never** dysfunction without a *physical, emotional, chemical, or spiritual stressor*.
3. Our cells are all genetically programmed with the perfect recipe for health; it is our choices and our living environment that determine whether or not the proper ingredients are supplied. Therefore the only causes of cells losing homeostasis or health are unhealthy lifestyle choices or some other stressors in our environment.
4. Health, by definition, is a state of consistent homeostatic cell function.
5. Sickness, by definition, is a lack of consistent homeostatic cell function.

Wellness is based on the **real** entity of homeostatic cell function, this is why it's the only way to create health and prevent illness. The entire premise of wellness is based on the true belief that health exists as the entity of homeostatic cell function. Wellness understands that health is you, it's your cells. Wellness studies how to restore homeostatic cell function and health not how to treat disease and symptoms. Wellness is not sickness care, it is health care.

6. The function of our cells determines our states of health and sickness.
7. The cause of all non-homeostatic cell function is stressors.
8. All health **stressors** can be divided into one of two categories:
  - A. **Deficiencies** in the required ingredients for homeostatic cell function
  - B. **Toxicities** that drive cell function away from homeostasis.
9. Because cells are born with all the required innate/genetic intelligence for homeostasis and health, cells always function perfectly in relation to any given environment. Symptoms do not represent an error in the intelligence of cells. Symptoms represent important signals from cells telling you that there is something wrong, that there is a deficiency or a toxicity, and that you are under stress. Illnesses represent the body's best ability to adapt to a chronic unhealthy environment...to chronic deficiency or toxicity. The cells **never** function pathologically or incorrectly, the environment is pathological or unhealthy. It is unscientific to look at the cell as the problem we must always look at the environment.
10. In order to function properly and produce health, cells must have all requirements met and be free of toxicity. In other words, it is impossible to be 100% healthy by supplying cells with only some of the requirements or by eliminating only some toxins. This is why other programs fail. They try to treat a single symptom or address a single deficiency or toxicity, but fail to create an entire healthy ecosystem of cells. Plants can't be healthy even if they have all the water and nutrients they require, but are missing sunlight. Even if they have all the required sunlight, water, and nutrients but are being poisoned they cannot be healthy. The same is true for human beings. You can't eat well, exercise well, relax well, and not remove subluxations (misaligned spinal vertebrae that cause nerve interference and reduce mental impulses into the body) and expect to be healthy. Nor can you expect to be healthy if you are poisoning yourself. If all your cells are functioning homeostatically and have 100% nerve supply (subluxations reduce nerve supply into the body) it is impossible to be sick.