

HOW TO DEAL WITH CHRONIC ILLNESS

No matter what illness or disease the individual is facing there are a number of essential factors that need to be understood, respected and applied, particularly when dealing with chronic illness/disease.

The body is an amazing organism, always striving for its own survival and has an inherent wisdom of how to maintain itself. However, for it to achieve its objectives of self-preservation and optimum health, the body needs the raw materials that can assist it in engineering its own recovery. It is in this respect that we so often fail to address our negative physiological states because we are busy dealing with the symptoms rather than the causes and we don't understand that nature doesn't need our interference, it needs our support and our co-operation. With this in mind, the following points have been laid down for your careful consideration.

1. Water

The human cell is the key to the health of the body. If the cell is compromised in any way, then the overall health of the individual is compromised. The majority of our cells are approximately 90% water and so it should be of no surprise that the most important nutrient that the cell requires for health, excluding oxygen, is water. An average person who is reasonably well would need at least three and a half to four pints of water per day. When the body is battling against a disease or illness this amount needs to be at least doubled where possible. The greater the demands placed on the body by the disease the more water that is required for all essential functioning to take place. In addition to this the body needs a greater quantity of water to detoxify itself in order to become free of the disease. The primary ingredient in terms of detoxification is water. Nothing in the body works well without water. In fact, dehydration is arguably the biggest cause of many modern diseases. The purity of the water you drink is vital, and it is highly recommended that filtered, distilled or spring water be the waters of choice.

2. Essential Fatty Acids

The second crucial ingredient in ensuring the health of the cell, is the cell membrane. This is the aspect of the cell that determines what nutrients flow in and what waste products are discharged. The cell membrane is largely made up of essential fatty acids and when there is an inadequate supply of these in the body, the cell membrane is compromised in some way. Its integrity is lost. Essential fatty acids keep the cell membrane pliable and permeable and is crucial as the cell literally breathes in that which it needs and excretes what is not required. Sadly, modern-day diets are so fanatical about the reduction of fats that these essential fats are increasingly absent from our diets, which is a matter for great concern as they are particularly vital for healthy brain function.

3. Minerals

There are 90 nutrients that we need every day to guarantee optimum health. Of the 90 nutrients 16 are vitamins, 11 are amino acids, 3 are essential fatty acids, and the remaining 60

are minerals, which provides some indication of how vitally important they are in the overall health of the body. Minerals are essential to the vast array of activities that take place inside the cell. They, along with enzymes, make possible many of the activities the cell has to perform. And so, when dealing with chronic dysfunction, minerals play a critical part in providing a solution. For example, iron is vital for energy and vitality. In fact, if iron is not present in sufficient quantities in the body, adequate oxygenation is unable to take place because oxygen depends on iron to carry it around the body to facilitate a whole array of functions. Probably the most vital of these is the combustion of energy that takes place within the cell. In this way minerals, often only found in minute quantities, are essential to the healing process.

4. A Healthy Diet

Unfortunately, we have raped our soils so much and polluted our environment to such a degree, that the term 'healthy diet' is now another 'urban myth'. It is proving increasingly difficult to guarantee that a healthy diet is made up solely from the foods we eat because of the lack of purity that now exists in the air, earth, water, and other elements. This lack of purity means increasingly a need for supplementation. However, supplementation should be merely an insurance policy that bridges the gap between what our food provides and what we actually need and not the mainstay of our diet. The key vitamins to ensure all-round health are A, B, C, D and E. These are best taken in a multi-vitamin formula because the whole is greater than the sum of its parts. The core of a healthy diet is dark green leafy vegetables. That which is green is packed with almost everything we need. These are the 'super foods' and we should eat in abundance from this family. Fruit should also be at the centre of one's diet. The more we eat from these two food groups the more we return the body to its natural state. It is important to point out however, that with some conditions it may even be necessary to avoid fruits for a time, for example in cases of sugar intolerance, candida or IBS etc. Supplements are best taken under guidance and supervision simply to avoid taking 50 per day!

5. Movement

One of the secrets to achieving and sustaining health is movement. The role of water and oil is pivotal to the movement created in the body. These two nutrients allow for efficient movement in and out of the cells and for energy to be generated in sufficient quantities and to then be distributed to wherever it is needed in the body. Also critical to movement within the body is exercise and massage. Massage has often been referred to as 'internal exercise' because that is exactly what is achieved as a result of its manipulation. When addressing a chronic condition, probably the best form of massage to assist with this purpose is lymphatic drainage. The lymphatic system is responsible for the transfer of oxygen, nutrients and waste products between the blood and the cell. It has a vital role in terms of establishing and sustaining health and generally with chronic conditions this system, which helps with the detoxification of the body, is not working efficiently. One of the things that can bring it back into balance is massage. Dependent upon the nature and the degree of the condition, one may need to vary the frequency of this intervention according to personal circumstances. But as a guideline, one would want to have an all-over body massage once a week. With some conditions it may even need to be daily. Massage is critical for movement and movement is critical for health.

6. Exercise

Exercise is an essential ingredient for achieving recovery. Not only does exercise generate movement, which we know is vital for physical health and well-being but, as a result of the euphoric substances released as a consequence of exercise i.e., endorphins, enkephalins etc., it is also invaluable for our mental health. Therefore, however small the exercise may be, it is better to do a little often than nothing at all.

7. Juicing

Absorption is a vital aspect of a sustainable recovery and so it is imperative to get this right. The digestive system is the key system. All other primary systems such as the immune system, central nervous system, endocrine system etc., depend on the health and efficiency of the digestive system to fulfil their roles. The adage 'drink your food and chew your drinks' is well worth remembering and applying because it ensures we do not tax the digestive system. A fatigued digestion compromises the overall health of the body. Sometimes in chronic conditions it is of great benefit to juice fruits and vegetables, giving the digestion less work to perform. In fact, you may want to have a sustained period of juicing which is excellent from the point of view of easy absorption and provides a great holiday for the digestive system.

8. Colonic Irrigation or other Detox Programmes

Another imperative if you are to re-establish health is the removal of waste. Try eating fresh food off a dirty plate or growing good seeds in toxic soil and the end product is something contaminated, even diseased. This is why the detoxification of the body is so important because, if all the things suggested here are undertaken, their true potency will not be felt if the body is blocked, clogged and toxic. One of many methods that has proved invaluable with certain conditions is colonic irrigation, but the health of the sufferer must be considered before pursuing such a course of treatment. The colon houses so much of the waste that has not been efficiently removed from the body and this trapped waste continues to be absorbed back into the blood, which in turn compromises the health of the body. So, a course of treatment with an appropriately qualified and experienced practitioner can generate wonders.

There are other considerations that could be listed when taking account of a chronic condition. However, the above eight would be considered relevant to almost every condition and therefore would be an invaluable first step in any recovery package. Without them the pursuit of health is likely to be at best short-lived or at worst denied.