

## THE ROOT CAUSE OF DISEASE

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### THE ROOT CAUSE OF DISEASE

By Dr. Ward Coleman, N.D. & President of Four Mountains, Inc.

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THE ROOT CAUSE OF DISEASE (PART 1 OF 2)  
(see PULLING THE ROOTS OF DISEASE for  
the SOLUTION)

"Anybody who tells you that disease has only one cause, and that drugs and surgery are the solution, is DEAD WRONG." Dr. Ward Coleman, N.D.

Unhealthy aging and diseases of the body systems (such as cancer, heart disease, diabetes, immune dysfunction, etc.) are MULTI-CAUSAL.

Extensive clinical analysis by Four Mountains, Inc. has revealed the following TOP TEN "ROOTS OF DISEASE" (and their solutions).

Note that these TOP TEN causes of disease are INTERCONNECTED and manifest SIMULTANEOUSLY in varying degrees underneath ALL disease of ANY sort.

**PROBLEM: THE ROOT CAUSES OF DISEASE: THE TOP TEN**

- 1) Chronic psychological and emotional suffering, pain and stress.
- 2) Toxemia
- 3) Autonomic Dysrhythmia
- 4) Oxidative Stress
- 5) Killer Food
- 6) Chronic Dehydration
- 7) Touch Deprivation
- 8) Tissue Oxygen Starvation
- 9) Chronic Inflammation, Lesions and Restrictions

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### 10) Structural Subluxations

#### Secondary Processes:

Primary, upstream causes have a global effect on the body/mind which then leads to many secondary, downstream processes. Ignored and uncorrected the roots of disease grow in a progressive, snowballing fashion. Like falling dominos, countless symptoms manifest throughout the entire body. Treating the multitude of superficial symptoms, and ignoring the deeper (upstream) roots of imbalance is a misdirected, costly and ultimately futile endeavor.

### 11) Endocrine Dysregulation

### 12) Immune Dysfunction

### 13) Inherent Weaknesses

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## COMMENTARY: THE ROOTS OF DISEASE

### 1) Chronic psychological and emotional suffering, pain and stress.

At times, everyone experiences mental and emotional turmoil. For many it's a way of life. Chronic worry, heartache, loss, frustration and pain take a toll on the nerves and deplete vital force, depress immunity, disrupt hormones and biorhythms. Childhood stress, relationship stress, job stress... it all adds up and can take a whopping toll on your health. It's a fact, stress kills.

### 2) Toxemia

Ingested toxins, environmental toxins, metabolic toxins... by the millions. From the dry cleaners and lawn chemicals to the food industry and 'sick building syndrome', we're all exposed to more toxins than we can shake a stick at. This is in addition to the toxins our bodies create as a by-product of work, exercise and STRESS. Over the years the body's elimination of toxins may be insufficient to deal with the load. Disease can result when excessive poisons accumulate in our cells and block normal function. Most notably, we find that people suffer with toxic blood, lymph, intestines, liver, kidneys/bladder, lungs and sinuses.

### 3) Autonomic Dysrhythmia

Modern culture is 'sympathetic dominant'. This is a serious dysfunction that is practically ubiquitous, affecting even our household pets. No joke.

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Sympathetic dominance is present when the nervous system is dominated by stress and the classic fight/flight physiology. Volumes of Nobel Prize research stand as testament to the fact that an overactive sympathetic nervous system leads to accelerated aging and disease.

### 4) Oxidative Stress

A rusty nail, a browning apple, age spots on the hands... it's all the same. Free radicals have been the subject of extensive research and the evidence is clear that oxidative stress won't just rust your pipes, or spoil your food, free radicals do the same thing inside our bodies, essentially rusting our organs from the inside out. Laboratory testing on hundreds of thousands of individuals has demonstrated that oxidative stress is a very widespread and creates an internal environment favorable toward illness, disease and many of the outward signs of unhealthy aging.

Primary sources of free radicals: hyper or non-specific stimulation of the immune system results in excess concentrations of hypochlorite

production, exposure to toxins (xenobiotics) which cause the liver and the adrenal cortex, reactions that involve the cytochrome P450 enzyme reaction system, exposure to radiation either electromagnetic or through ionizing, excessive stress which through neuro-transmitters and modulators force both the immune and endocrine systems to produce destructive radicals.

### 5) Killer Food

How can a nation notorious for overeating protein, carbohydrate and fat have so many people deficient in vital nutrients? The answer is that we are eating too many 'empty calories' from foods grown in depleted top soil, coupled with excessive processing and refining.

Americans, young and old, suffer from multiple trace mineral, macro mineral and vitamin deficiencies. Most common deficiencies include magnesium, zinc, iron, selenium, B complex, vitamin C, vitamin E, essential fatty acids and various amino acids.

Additionally, the Standard American Diet causes blood sugar dysregulation, hormonal disorders, acidosis, and digestive system overload and weakness. The bottom line is that the average person's diet is killing them in more ways than one. Despite loads of media attention and books from our nation's top nutritional gurus, the majority of people in this country are still digging their graves with their teeth.

### 6) Chronic Dehydration

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When we don't drink enough healthy fluids we become dehydrated. The problem is that it's possible to be dehydrated more or less continuously for many years and not even know it. This in turn creates chronic and severe hormonal stress that leads directly to pain and disease. Research indicates that a simple water deficiency afflicts many millions of Americans.

### 7) Touch Deprivation

Detachment style parenting, body issues, and neglect of the body promotes a condition known as 'touch deprivation'. For millions of people this is a condition to simply accept. However, the stress and pain that results is more than many people can bare and drives them to extreme and desperate behavior in an unconscious effort to remedy a touch deficiency. However, there is no substitute for touch. Without enough skin to skin contact human beings become extremely imbalanced, and mentally and physically diseased.

### 8) Tissue Oxygen Starvation

Ninety percent of Americans are oxygen starved and eighty percent of these don't even realize it. The cause for this widespread problem is twofold. First, few if any of us are actually taught healthy breathing

habits, we simply ignore it all together. The second reason is due to a predominantly indoor (and sedentary) lifestyle. Living inside schools, offices, homes, cars, and shopping malls combined with unconscious shallow breathing creates hypoxia, and hypoxia is an anaerobic condition that breeds infection, cancer, heart disease, inflammation/pain and chronic fatigue.

### 9) Chronic Inflammation, Lesions and Restrictions

Most, if not all, people suffer with multiple inflammations, lesions and restrictions in their various membranes, connective tissues, muscles, ligaments, tendons and organs. Not only do these inflammations and lesions limit mobility and motility, they also add substantially to the body's total stress load, and frequently become the site for accumulated toxins and future cancers. Preventing disease and creating optimal health necessitates that we locate and eliminate these physical problems.

### 10) Structural Subluxations

Gravity, injuries, sitting in chairs, bad shoes, and poor posture can all cause spinal and joint mis-alignment, which in turn leads to neuro-muscular, multiple organ and system dysfunction. Autopsy research indicates that in most cases, diseased organs are directly linked to

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subluxated vertebra. Subluxations of the cranial joints (sutures) have also been shown to cause serious dysfunction in body, mind and behavior. For optimal health and disease prevention, alignment of the whole body is vital.

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Secondary Processes:

### 11) Endocrine Dysregulation

The endocrine (or hormonal) system is one of the master systems of the body, controlling all basic metabolic processes. As the roots of disease take hold in the body the hypothalamus, pituitary and adrenal (HPA Axis) becomes imbalanced and the body begins to lose the capacity for self-defense and self-repair. Thyroid, pineal, pancreas, ovarian and testicular problems will develop manifesting excessive and deficient cycling of hormones. The spectrum of symptoms that result from endocrine dysregulation is vast.

In general, if you have hormonal problems, it is a mistake to assume that the primary problem is with the gland itself. For example, thyroid problems are common, but it is wrong to assume that it is a primary thyroid disease, as this is rarely the case. When the deeper (upstream) imbalances have been corrected, our hormonal system can return to balance. Ignoring the roots of disease and taking hormones is the wrong approach. Balancing endocrine dysregulation by pulling the deeper roots of disease, is the correct approach.

### 12) Immune Dysfunction

The body does not 'have' an immune system as much as it 'is' an immune system. When ALL our body's systems are functioning properly we are immune to infection, illness and disease. And when our body systems are deeply imbalanced we are unable to effectively resist infection, illness and disease. Building a powerful immune system therefore suggests that we need to pull all the roots of disease and take care of the WHOLE person.

### 13) Inherent Weaknesses

This is where our genetic constitution enters the picture. If our family tree suggests a history of weak lungs, livers, kidneys, the chances are we have inherited these same weaknesses, whatever they are. In other words, you don't just have your daddy's eyes and your mommy's chin, you have their liver and spleen too! It is said that 'we die from our inherent weaknesses'. This means that as the imbalances in our body's persist, the wear and tear on our organs and systems is not equal throughout. Eventually, it will be

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our weakest link that finally snaps. Even if our heart had another twenty years of function left in it, when our weakest link finally breaks, it brings the rest of the body down with it. It helps to know your inherent weaknesses so you can be mindful and adjust your self-care routine accordingly.

Dr. Ward Coleman, N.D. is President of Four Mountains, Inc., a privately held Clinical & Research Laboratory dedicated to synthesizing all available data in the fields of alternative medicine, disease prevention, wholistic mind/body health and anti-aging technology.

### **Best Recipes: Root Beer Float Milkshake**

**By Donna Monday**

Make this cool, frosty Root Beer Float Milkshake for a real walk down memory lane. Did you enjoy root beer float as a kid? Maybe you drank them in high school when you went out to eat with your friends at the local burger hang out?

Maybe you've never even had a root beer float but you've heard about them and want to try one. Well, here's a great recipe on how to make a classic root beer float that will have your taste buds rockin around the clock!

Root Beer Float Milkshake Root beer 3 tablespoons chocolate syrup 2 – 3 scoops vanilla ice cream

Directions

Blend all ingredients until smooth.

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Donna Monday

Easy to make - fun to drink

Best Recipes: Root Beer Float Milkshake

The structure of a chord (triad) for Piano, Keyboard and Organ

Astragalus Root – Can It Help You Feel Better?

ASTRAGALUS, THE ANCIENT CHINESE WONDER HERB.

Lyme Disease in Dogs

Coping With Alzheimer's Disease

HIV/Aids Healed by the Power of God

How To Improve Blood Circulation

The Truth About Diabetes

Stress The Silent Killer



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