

# The 7 Stages of Disease

## 1. ENERVATION

This stage is largely unrecognized by the medical community as a disease stage. Our body's energy reserves become overdrawn, which reduces its ability to effectively maintain adequate cleansing and repair activities since it must allocate energy to prioritize vital system functions. Lack of energy or fatigue are experienced. Some may think this is short-term from work or stress, or simply natural aging. **If this stage is not addressed through diet and lifestyle, it becomes the driver for all the other stages of disease.**

## 2. TOXEMIA

Due to enervation, the blood and tissues increasingly accumulate higher and higher levels of toxic materials from metabolic waste, foods, drugs or medical treatments, topical products, water, air, and other environmental contaminants.

## 3. IRRITATION

Presents as itchy, queasy, jumpy, uneasy, or when we have bothersome but not painful areas, so the body initiates a cleansing effort: cold and flu symptoms result. Typically, we suppress this cleansing action to expel the build up of toxins and waste, and the treatment further contributes to the toxic burden.

## 4. INFLAMMATION 'itis'

If the conditions of enervation continues, the increasing toxic burden is concentrated in an organ, or tissue area- **appendicitis**, **tonsillitis**, **hepatitis** as examples. This initiates a massive protection and expulsion effort resulting in pain and swelling. This is the most intense healing and elimination effort made by the body. It's usually treated/suppressed.

## 5. ULCERATION

If enervation continues with no reversal, reducing irritation and inflammation, then the build up of acidic toxins begins to destroy cells, or cellular tissues. The body may use an ulcer, or skin lesion, as an outlet to expel the high toxic buildup.

## 6. INDURATION

If enervation continues without reversing irritation, inflammation, and ulceration, the next stage is to seal off the toxic material through hardening the tissue around it, creating tumorous tissue, or scar tissue to bridge lost tissue.

## 7. CANCER

With the previous conditions unchanged, and the further accumulation of acidic toxins, the body reaches the final stage of disease. The effected cells revert to a primitive state. Consuming high rates of sugar they multiply wildly in an unorganized manner that doesn't contribute to body functions.