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SOME PRINCIPLES OF HEALTH AND HEALING

1. GOOD NUTRITION

Most people do best with a Mediterranean type diet: High intake of fruits, vegetables, legumes, and whole grains, high intake of monounsaturated fat (olive oil), and low intake of meats, especially red meats. **Some basic rules:**

- Think about how the food was produced (quality vs. industrial grade). If it was made in a factory, don't eat it.
- Shop around the edges of the supermarket; limit going up & down the aisles.
- Most people do better to eat like a Third World peasant than an Albertan cattle rancher (use light meats, sparingly). The exception is temporary use of therapeutic paleo/keto diets.
- Brown is beautiful (i.e., 100% whole grain breads & brown rice). Puffy white bread makes puffy pale people.
- Eat like a cow or bunny rabbit (i.e., eats lots & lots & lots of veggies!)
- Lose the sweet tooth, sugar kills. (Canadians used 5 lb. sugar per person per year 160 years ago, now it is 135 lb. per year!) Sugar is the worst drug addiction we face. Rats prefer it to cocaine.
- Some fats heal (e.g.-top quality vegetable oils). Some fats kill (processed, rancid, or heated oils); and fats from animals not raised organically (hormonal and chemical residues).

People with chronic health issues often need a more therapeutic diet, one avoiding food sensitivities and sometimes needing to reduce starchy foods that are easily fermented within the intestinal tract.

2. A BASIC LEVEL OF NUTRITIONAL SUPPLEMENTATION:

• As long as we are being fed from impoverished soil, live in a polluted environment, and contend with stress, we all need supplemental vitamins, minerals, essential fatty acids, and antioxidants.

A few suggestions:

- **A good quality, high potency B complex.** My favourite is Advanced Orthomolecular Research Advanced B complex, which has therapeutic levels of the B vitamins in active form.
- **Vitamin C:** 500- 1000 mg./ day, for children; 2000 to 4000 mg /dy for adults. MORE IF SICK-> (1000 mg per yr. of age, to a maximum of 10,000 mg/dy, in divided doses; less if the Vitamin C causes intestinal distress.). Vitamin C is an adrenal stress hormone for animals that make their own.
- **Vitamin D** This is essential for optimal immune function, emotional wellbeing, and general health. Few people are taking an adequate dose to maintain optimal blood levels. 4000 IU daily is a minimal dose for most adults. Best to check blood levels summer and winter.
- **Mixed, natural Vitamin E** (mixed tocopherol only, not pure alpha tocopherol) 400 units daily for adults
- **Mixed, natural beta-carotene** (marine source): 15 mg. daily for adults not eating lots of veggies.
- **Essential fatty acids:** Omega 3 and omega 6 should be in balance. Typical adult doses: evening primrose 1000 mg; fish oil 2000 mg. daily.
- **Magnesium supplement** (300 mg. per day of each for children, double this for adults (magnesium citrate and (bis)glycinate are well absorbed.). **Calcium** is less essential for those avoiding processed foods and sugars. Calcium dose for adults is in the range of 300-600 mg daily, advisable for those avoiding milk, or older women concerned about osteoporosis.
- **Many people need supplemental zinc,** but dose requirements vary considerably (15-100 mg daily for adults). White spots on the nails is often a sign of low zinc in adults. In small children, constant chewing on things is often a sign of low zinc or iron.

3. REDUCE ALLERGIC & TOXIC LOAD

a. Rational use of drug medication -Keep drug use to a minimum- ‘Drugs are all poisons with some desirable side effects.’ Drugs suppress symptoms; they do not cure the underlying cause of disease. Best reserved for serious medical problems that cannot be reversed with lifestyle changes and biological treatments.

b. Avoid foods to which one is sensitive (gluten, dairy and yeast are the most common hidden food allergens, corn, egg, soy, citrus, chocolate are also common.) Hidden food sensitivity (especially gluten & dairy sensitivity) has become common in people who suffer from any form of chronic illness.

c. Avoid environmental toxins Our environment is becoming increasingly contaminated, and complete avoidance is impossible. As much as reasonably possible, limit exposure to harsh chemicals (some cleaning products and cosmetics), tobacco, heavy metals (especially lead and mercury), environmental mold (common in water damaged buildings), microplastics.

d. Reduce overall exposure to mycotoxins (fungal toxins): both from within the body (intestinal yeasts) and from outside the body (from the diet and from living in mold-contaminated buildings). Fungal toxins are frequently a significant, but unrecognized factor in chronic disease. They come both from within the body (intestinal yeast overgrowth) and from outside (mold contaminated buildings)

4. IMPROVE DETOXIFICATION PATHWAYS

We are living in an increasingly toxic world, and enhancing the body's ability to remove foreign chemicals stored in body tissues is important for curing and preventing chronic illness. Some examples of detoxification methods are listed below. Though all of these are helpful in the proper clinical setting, they can be harmful and lead to a ‘detoxification crisis’ if used carelessly.

- **Fasting, or metabolic detoxification diets** (The latter are more efficient for detoxification.)
- **Detoxify colon & intestines:** increase in dietary fibre, enemas or colonic irrigation, ‘bowel cleansing’ programs
- **Enhance liver detoxification:** using nutritional and herbal supplements
- **Enhance detoxification through the skin** (skin brushing, bentonite clay baths, sweat-inducing exercise, sauna therapy -especially far-infrared sauna)
- **Improve lymphatic flow:** exercise, lymphatic massage, use of mini trampolines
- **Reduce excess acidity** in the body tissues (normalize acid/base balance)
- **Removal of accumulated heavy metals &/or mold toxins** (use of intestinal binders and other forms of chelation therapy)
- **Homeopathic drainage**
- **Nutritional supplementation** to support the body’s detoxification pathways (NAC, glutathione)

5. RESTORATION OF NORMAL BOWEL ECOLOGY

The bowel is the greatest source of toxic burden that our bodies have to deal with. Toxic chemicals (produced by abnormal germs in our gut and the rotting of undigested food) are absorbed through the bowel wall and slowly cause widespread damaging effects throughout the body. To restore balance to the bowel flora:

- **Normalize digestive activity** (chew well; digestive enzymes &/or acid supplements may be needed)
- **Add adequate fibre** (psyllium husk powder 1-3 tsp. daily or flax seed powder, 1-6 tsp. daily, fresh ground). Avoid constipation.
- **Re-implant friendly flora** using probiotic preparations, especially after any antibiotic use. Sources include commercial probiotics and naturally cultured foods (yogurt, kefir, sauerkraut, kombucha).
- **Eliminate pathogens (bad bugs):** Candida (yeast), parasites (worms & amoebae), and abnormal bacteria (e.g.- various Clostridia species) can all contribute to poor health.

6. ELIMINATE HIDDEN SOURCES OF CHRONIC INFECTION

- **Hidden, chronic infections** can silently drag people down: dental, gums, sinuses. Meticulous eradication of chronic, hidden dental infections (cavitations, old root canals) is especially important for the sick and elderly.
- **Systemic infection with 'stealth microbes'** (including chronic opportunistic infective agents) may be a factor in chronic disease and needs treatment with antimicrobials or with immune-stimulating biological treatments.
E.g: intestinal parasites, chronic viral loads, Lyme disease and co-infections, and a host of other microbes. 'Total Pathogen burden' is a term used to describe the cumulative effects of multiple, persistent pathogens.

7. CORRECT SUBTLE HORMONAL IMBALANCES

- Subtle ('subclinical') low thyroid, low adrenal, (and for women, low progesterone) states are commonly missed factors in chronic unwellness, especially in CFS/FM. Hormonal replacement therapy is best done with bio-identical ('natural') hormones wherever possible.
Adrenal fatigue: Cortisol, DHEA, aldosterone Treat with: Cortisol (preferable to liquorice), DHEA, Florinef. Salt loading, potassium.
Thyroid hypofunction: TSH, Free T3, Free T4, thyroid antibodies
Sex hormones: Estrogen, progesterone, testosterone
Pituitary hormones: Oxytocin, Growth hormone, Vasopressin, Prolactin
- **Hyperinsulinism** (Metabolic syndrome & hypoglycemia) is now epidemic. It can progress to diabetes & heart disease, and should be corrected early, preferably with diet & lifestyle changes.

8. REGULAR PHYSICAL EXERCISE

- **Aerobic exercise** is important for all ages.
- **Weight training & flexibility** exercise is important from middle age on. ('Keep fit or fossilize!')
- When a person is too ill to exercise, massage can help retain health and muscle tone.

9. COAGULATION DEFECTS

Chronic illness can be accompanied by a subtle, typically unrecognized predisposition to blood clotting and deposition of fibrin inside blood vessels. Think of it as sludgy blood. This can be seen with life blood cell analysis as clumping of red blood cells. This process can accompany and aggravate chronic infection and autoimmune illnesses. Better dealt with using biologicals than aspirin or other pharmaceuticals.

10. CORRECTION OF STRUCTURAL IMBALANCES

- Poor posture, chronic muscle tension, pelvic and spinal imbalances can lead to areas with impaired blood flow, low oxygenation, and subsequent accumulation of metabolic toxic residues. Various forms of postural, structural, massage, and physiotherapy can help reverse these conditions. [Craniosacral therapy, spinal manipulation, orthotics, TMJ appliances, massage therapy, relaxation therapy]

11. RESTORATION OF NORMAL SLEEP PATTERNS

Prolonged sleep deprivation can have an increasing debilitating effect upon physical and emotional health. If good sleep hygiene, with or without biological sleep aids cannot help, it may be necessary to resort to pharmaceutical means to improve sleep patterns. Exclude sleep apnoea, restless leg syndrome, extreme snoring, chronic mouth breathing.

12. MULTIPLE ENVIRONMENTAL FACTORS

a. Adequate Ultraviolet Light

Seasonal affective disorder, with fatigue &/or depression can be treated with therapeutic lighting. This is a common factor in milder degrees of winter blues and winter fatigue.

b. High Intensity EMF (Electromagnetic fields)

People vary in their sensitivity to EMF, but long-term proximity to high tension power lines &/or high-intensity Wi-Fi as a damaging effect on health.

c. Excessive exposure to screens (computer/phone)

Screens can be addictive, and long-term exposure amounting to hours per day can have a deleterious effect upon brain neurotransmitters and even brain function.

d. Time Indoors Versus Time Spent Out in Nature

Constant indoor living, especially within a concrete jungle, has its downsides. A growing body of scientific evidence suggests that nature-deficit disorder can lead to declining health and well-being, leading to anxiety, depression, higher stress, behavioural issues, attention deficit, poor academic performance. Time spent in natural settings as a significant therapeutic effect.

13. EMOTIONS AND HEALTH

• Chronic overactivity of the limbic system

Physical and emotional stress can lead to imbalances in the autonomic nervous system, which can further lead to dysfunction in blood flow and organ function. More severe trauma, both acute and chronic, can lead to PTSD and limbic kindling (fight/flight/freeze/fawn/fester reactions of the sympathetic nervous system when the deep brain is chronically on red alert). This condition very frequently accompanies chronic illness. In the extreme, stress & fear can paralyse the immune system. (E.g.- 'More people die of fear of smallpox than smallpox', a quote by Gandhi's physician). Counselling, neurofeedback, massage and other bodywork, neuroplasticity and relaxation training are some of the approaches that can help restore normal balance to the nervous system.

• Care of the mind

The things we think about determine the quality of our mind. Thoughts & emotions are very powerful influences on overall health. Greek and Roman Stoic philosophers saw care of the soul as a lifelong project. 'Your soul takes on the color of your thoughts'...Marcus Aurelius.

Careful attention to what we read and watch and the company we keep, regular positive social interaction, limiting exposure to social media and screens in general, frequent exposure to nature,

- Stronger emotional supports include meditation, counselling, neurofeedback, limbic brain retraining.

• Care for the soul

Faith in a transcendent creator can give an inner reserve that keeps us from buckling under the most soul-crushing circumstances. (Solzhenitsyn and Victor Frankel are examples).

'Our souls find no rest, O Lord, until they find their rest in Thee.' – Said by Augustine of Hippo, previous philanderer, turned saint