```latex
\documentclass[11pt,a4paper]{article}

\usepackage[margin=2.5cm]{geometry}
\usepackage{enumitem}
\usepackage{titlesec}
\usepackage{sectsty}
\usepackage{xcolor}
\usepackage{parskip}

\definecolor{deepblue}{RGB}{0,51,102}
\definecolor{accent}{RGB}{139,0,0}

\sectionfont{\color{deepblue}\Large\bfseries}
\subsectionfont{\color{accent}\large\bfseries}

\titleformat{\section}
  {\normalfont\Large\bfseries\color{deepblue}}
  {\thesection}{1em}{}

\titleformat{\subsection}
  {\normalfont\large\bfseries\color{accent}}
  {\thesubsection}{1em}{}

\pagestyle{plain}

\begin{document}

\begin{center}
   {\Huge\bfseries Medica Geometrica v1.0 \\[0.4em]}
   {\LARGE A Meaning--Geometric Model of Human Health \\[0.3em]}
   {\large Leakean Canon Edition \\[1em]}
   \vspace{1em}
   \rule{8cm}{0.8pt}
\end{center}

\vspace{1.5em}

\section*{1. Foundational Premise}
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Health is not merely the absence of symptoms.
Health is the preservation of geometric coherence across the full human system.
Disease arises when internal geometries---biological, neurological, psychological, ethical, or temporal---lose alignment with one another.

Medicine that treats matter alone treats only surfaces.
Healing requires restoring the geometry that generates matter's behavior.

```latex
\section*{2. The Human as a Geometric System}
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A human being is not a machine made of parts.
A human being is a multi-layer manifold whose layers must remain coherent.

The human system consists of five interacting geometries:
\begin{itemize}[leftmargin=*]
    \item \textbf{Biological geometry} --- Organs, cells, circulation, immune flows
    \item \textbf{Neurological geometry} --- Signals, rhythms, autonomic balance, stress responses
    \item \textbf{Meaning geometry} --- Identity, narrative, interpretation, belief
    \item \textbf{Ethical geometry} --- Values, boundaries, truth-alignment, moral consistency
    \item \textbf{Temporal geometry} --- Pace of life, cycles of work and rest, recovery time
\end{itemize}

Health exists when these layers remain continuous, non-contradictory, and adaptive.
Break coherence in one layer long enough, and the others distort to compensate.

\section*{3. Geometric Coherence and Health}

Coherence is the degree to which layers of the human system agree with one another.

When coherence is high:
\begin{itemize}[noitemsep]
    \item Energy flows smoothly
    \item Signals are clear
    \item Healing is possible
\end{itemize}

When coherence is low:
\begin{itemize}[noitemsep]
    \item Signals conflict
    \item Stress accumulates
    \item Symptoms emerge
\end{itemize}

\textbf{Key principle:} Loss of coherence always precedes diagnosable disease.
Symptoms are late signals, not first causes.

\section*{4. Disease as Geometric Distortion}

Medica Geometrica classifies illness by type of geometric distortion, not by diagnostic label alone.

\textbf{Primary distortion modes}
\begin{enumerate}
    \item \textbf{Compression} \\ Chronic stress \quad Inflammation \quad Overwork \quad Excess meaning density ("too much held inside")
    \item \textbf{Torsion} \\ Conflicting instructions \quad Moral double-binds \quad Cognitive dissonance \quad Being pulled in incompatible directions
    \item \textbf{Fragmentation} \\ Dissociation \quad Autoimmune misrecognition \quad Identity fracture \quad Loss of internal unity
    \item \textbf{Occlusion} \\ Blocked circulation \quad Suppressed emotion \quad Unspoken truth \quad Numbness
\end{enumerate}

Most chronic illnesses involve multiple distortions across multiple layers.

\section*{5. Meaning and Health}

Meaning is not abstract. Meaning has physical consequences.

When meaning becomes overly compressed---when too much must be held, justified, or endured---biological systems respond with tension, inflammation, and breakdown.

Chronic illness often reflects chronic meaning overcompression expressed through the body. The body carries what the mind and ethics refuse to resolve.

\section*{6. The Zeus Invariant (Medical Form)}

A human system cannot stabilize if it contains a sustained self-referential contradiction.

Examples:
\begin{itemize}
    \item "I must ignore my body to survive."
    \item "Rest is weakness, but I am exhausted."
    \item "This pain means nothing, yet it controls my life."
\end{itemize}

When such contradictions persist:
\begin{itemize}
    \item The nervous system destabilizes
    \item Immune systems misfire
    \item Degeneration accelerates
    \item Sudden collapse events occur
\end{itemize}

Zeus is not punishment. Zeus is the body refusing to execute impossible instructions.

\section*{7. Healing as Reprojection (Not Restoration)}

Healing is not returning to who you were before.
Healing is reprojecting into a lower-contradiction configuration.

This may require:
\begin{itemize}
    \item New boundaries
    \item New identity
    \item New pace of life
    \item New ethical alignment
\end{itemize}

Many people do not heal because they try to return to the geometry that made them sick.
Healing changes the map. It does not rewind it.

\section*{8. Clinical Implications}

\begin{itemize}
    \item Symptoms are signals, not enemies
    \item Suppression without coherence increases long-term damage
    \item Chronic illness implies long-term geometric misalignment

\item Medication can