

Universal Health Algorithm - Summary Document

Core Insight: Healing Is a Return, Not an Addition

Unnatural inputs distort the body's natural state over time. These distortions accumulate slowly, often unnoticed, and eventually manifest as disease. This is why it often takes decades of poor habits to create illness.

However, natural inputs - such as breathwork, grounding, and foodicine (food as medicine) - do not simply 'add' healing. They remove interference and allow the body to return to its original blueprint: homeostasis.

This is why healing can happen rapidly, even after years of damage. The body is always seeking balance, and natural inputs assist that journey.

The Scoring Model Is Asymmetrical

In the Dispositional Index model, unnatural inputs are weighted by intensity, frequency, and duration. But natural inputs are more than their score - they have a compounding effect due to their alignment with the body's design.

Example:

- Smoking 20 cigarettes a day for 25 years scores heavily on the negative side.
- One month of intentional foodicine (healing through diet) may not be 'equal' in time, but can restore significantly more homeostasis because it aids what the body is already trying to do.

Top Restorative Catalysts

- Foodicine (targeted food as medicine)
- Breathwork
- Sunlight
- Structured / mineral-rich water
- Inner child healing
- Grounding / Earth connection
- Thought rewiring (affirmations, intuitive truth alignment)