

Fight disease or build health

Fighting disease has given us some wonderful results. However we have still fallen far short of our potentials as human beings. The germ warfare approach to fighting disease with the common drugs of our time (allopathic medicine) has obviously provided some significant results. However, this method has significant problems such as serious side effects. Another significant problem coming to light is the negative results occurring from the suppression of symptoms. Science is now showing that the suppression of symptoms can actually send the disease deeper to manifest more seriously later. With this short-sided approach what we have in the end can often be far worse than what we had to start. Most all of us have experienced the benefits, the limitations and the devastations of this approach.

Building health is offering us new hope to overcoming disease. This approach provides many new answers to the problems plaguing us as a society. As we realize the powers and potentials resident within us to heal, we begin to see greater promises for our health.

A good analogy to describe this concept is the light/health and disease/darkness analogy. Disease like darkness is destroyed by light/health. Just as activating light can only destroy darkness, activating health can only destroy disease. As we learn more about how to turn on our health we will more effectively destroy disease. The higher we turn up the level of health in our lives, the less the chances of disease ever existing in our lives. To the level we turn up our light or health we proportionally turn down the level of darkness or disease.

Holding to the simplicity of this analogy in our daily life will make a significant difference in the enhancement of the quality of our health. Applying these principles to our lives will propel us into higher levels in the quality of our health and life. The level of intensity in which we apply these principles will determine the height we attain in our health. The principles within this book can lift us to new levels in every dimension of our lives!

Designed to be Healthy

By recognizing that we are designed to be healthy we open the door to discovering all the ways we can acquire our birth rite to health. Science has shown us that we have built within us every mechanism to both attain and maintain great health. Research is revealing how our most remarkable healing potentials are already within us. All these potentials are just waiting for us to tap into them.

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Like any other aspect of life the level of our health is greatly determined by the ways we manage our health. These life principles are true in every realm of life as seen in our marriages, finances, work, raising children, maintaining relationships or maintaining our car. Our proactive role is essential to take us to new levels in every aspect of our life including our health.

Our Health Potential

Not only are we designed to heal; we are also designed to not even have to get sick in the first place! When we get ourselves in tune with these principles, we don't have to wait to get sick to do something about our health.

As we seek to enhance our health to new heights, we will begin to experience life more fully. We will begin to have a higher and higher energy level. We will begin to think more clearly. We will begin to experience a deeper more rewarding aspects life has to offer. We will begin to realize the greater qualities of life we did not even know existed. As we become more whole and complete as human beings we can recognize the greater potentials life has to offer all of us!

This book will equip you with the tools to not only help your correct health problems but to also nip problems in the bud and even live at a level of health and quality of life that prevents problems from ever occurring in the first place!