

Basics of Natural Healing

By Hakan Coskuner

The immune system alone is responsible for healing and recovery.

The use of drugs and vaccines represents an assault on the immune system. In some cases, the use of a particular drug might be a wise choice to speed healing and recovery for the patient, but the use of natural, orthomolecular therapies and substances (substances normally found in Nature) that can more effectively address the underlying cause of the disease should be considered first because natural substances work in harmony with nature. They aid, stimulate and nourish the body to truly cure itself, without the terrible millstone of drug side-effects which often create other diseases.

The human body is predisposed to heal itself and to exist as a healthy, thriving organism. Your body literally is working 24/7 to make sure you are balanced and operate at peak performance. The prerequisite however is to deliver the right kind of fuel and make sure that its filters are all clean and unclogged. Ask any man who takes care of his car. What does he do? He will change the filters and the fluids, maybe even buy the more expensive gas to get more power out of his vehicle. The lady will buy the more expensive cosmetics and the best hair shampoo she can afford, get her facials and do her mani and pedicures. If you would ask these individuals if they use the same amount of detail for what they input directly inside their bodies you might get a big surprise learning that this amount of attention is usually not being given towards their inner physical environment.

We have been taught to have daily showers and look good which of course is very important. Unfortunately the same principles have not been taught for how to clean and keep our inner bodies in the same good looking and clean condition.

We directly inhibit the process of creating equilibrium within our bodies by ingesting unhealthy foods, fouling our inner environment with toxins, sleeping too late or not enough, not having adequate exercise and relying upon poisonous substances to treat disease conditions.

Unlike 'miracle drugs' and other 'drug breakthroughs', you will never see or hear anything from mainstream media about most of the therapies which are known within the alternative healing arts. So how can you stay on top of your game? Get information from the alternative health press, books, web sites, and at health expos. Some of these alternative therapies require high-tech equipment and specialized knowledge, but many, many others can be done at home without third party intervention or supervision.

It's amazing, but true, that many of the most effective healing therapies (even for grave, life-threatening disease conditions) are simple things that you can do for yourself at home. You simply have to educate yourself and take responsibility for your own health.

Empower yourself!

To your health,

Hakan