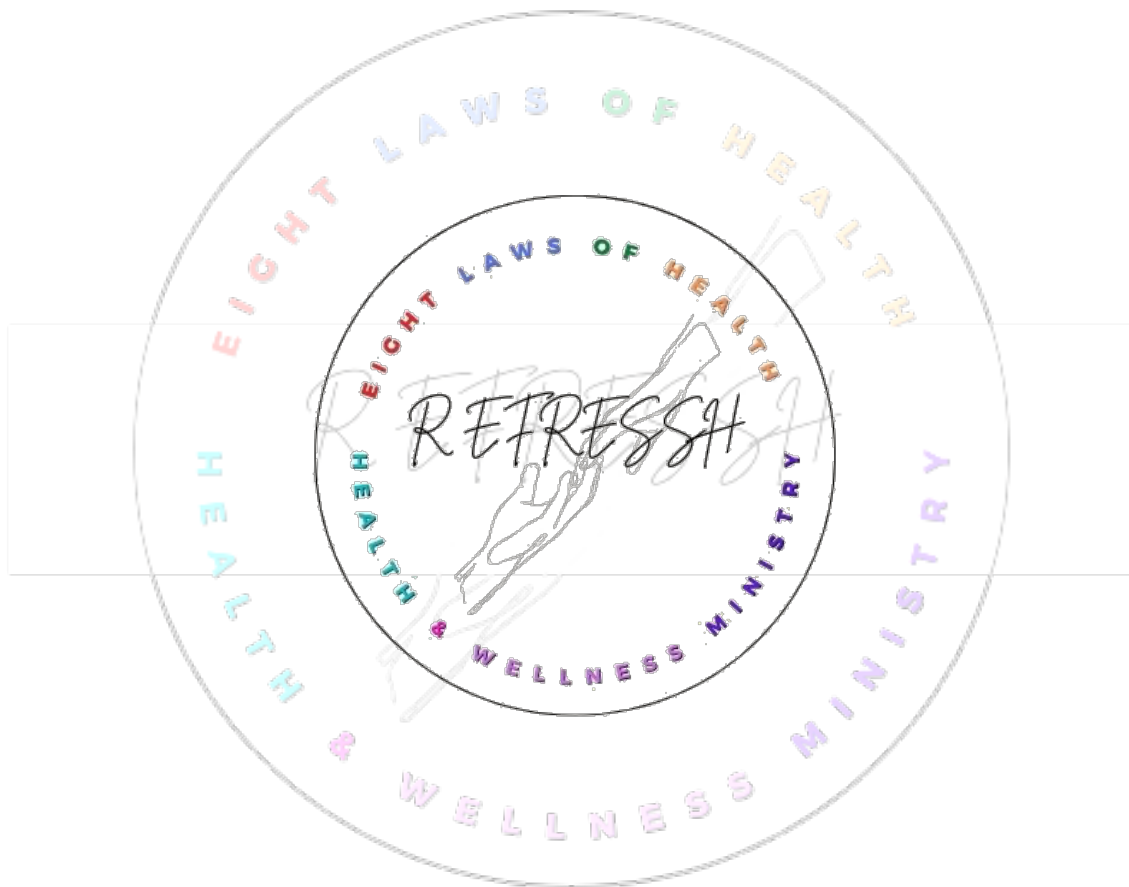


Truro Session 1: The Health-Disease Continuum: Understanding Causes, Effects, and Solutions

April 3rd, 2025

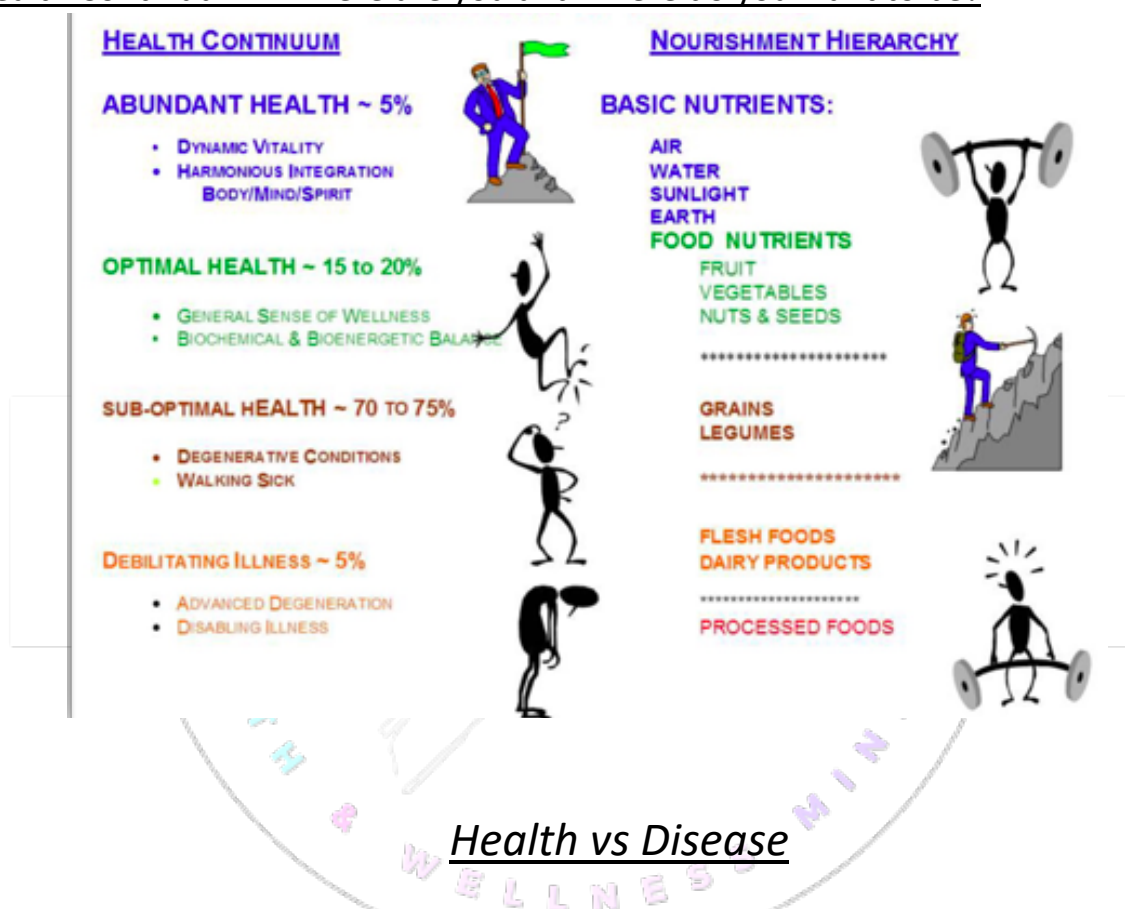


presented by
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Main Topics

- Health vs Disease: The Continuum
- What Causes Disease?
- Biblical and Contemporary Perspectives
- The Connection Between Cause & Effect
- The Cost of Disease
- Holistic Strategies for Addressing These Connections

Health Continuum – Where are you and where do you want to be?



HEALTH - The general condition of the body or mind with reference to soundness and vigor; soundness of body or mind; freedom from disease or ailment.

DISEASE - A disordered or incorrectly functioning organ, part, structure, or system of the body resulting from the effect of genetic or developmental errors, infection, poisons, nutritional deficiency or imbalance, toxicity, unfavorable environmental factors; illness; sickness; ailment.

Resource: dictionary.com

HEALTH is that state of the living organism in which all its functions and processes are carried on in an easy and harmonious manner for the preservation of life and maintenance of functional and structural integrity.

HEALTH, if one possesses it, is easily maintained by healthful living. If it has been impaired, it is to be restored, repaired, in the same way and by the same agencies that maintain health.

DISEASE is that state of the living organism in which all its processes and functions are carried on in a less easy and less harmonious manner for the same preservation of life and maintenance of the functional and structural integrity.

DISEASE does not develop suddenly. Back of every physical sign, there are months and years of gradual accumulation of the effects of your constant habitual transgressions of the laws of life.

Resource: Human Life: Its Philosophy and Laws

What Causes Disease???

Toxemia – The Cause of Disease

- Toxemia is poisoning of the blood.
- Wrong habits of eating, sleeping, working and recreation increase the intake of poisonous acids and alkaloids in the body which weaken the eliminative functions so toxins remain in the body.
- Accumulations of uric, oxalic and sulphuric acids in the blood are deposited into organs, causing disease to develop.
- Disease is made manifest to us due to symptoms which begin with pain and which often ends with paralysis and/or death.
- Every so-called disease is a complex of symptoms which signify a crisis of toxemia.
- All diseases are one – everything is connected.
- All diseases have one origin and started as innocent – cold- but due to suppression to ameliorate symptoms, the system is enervated

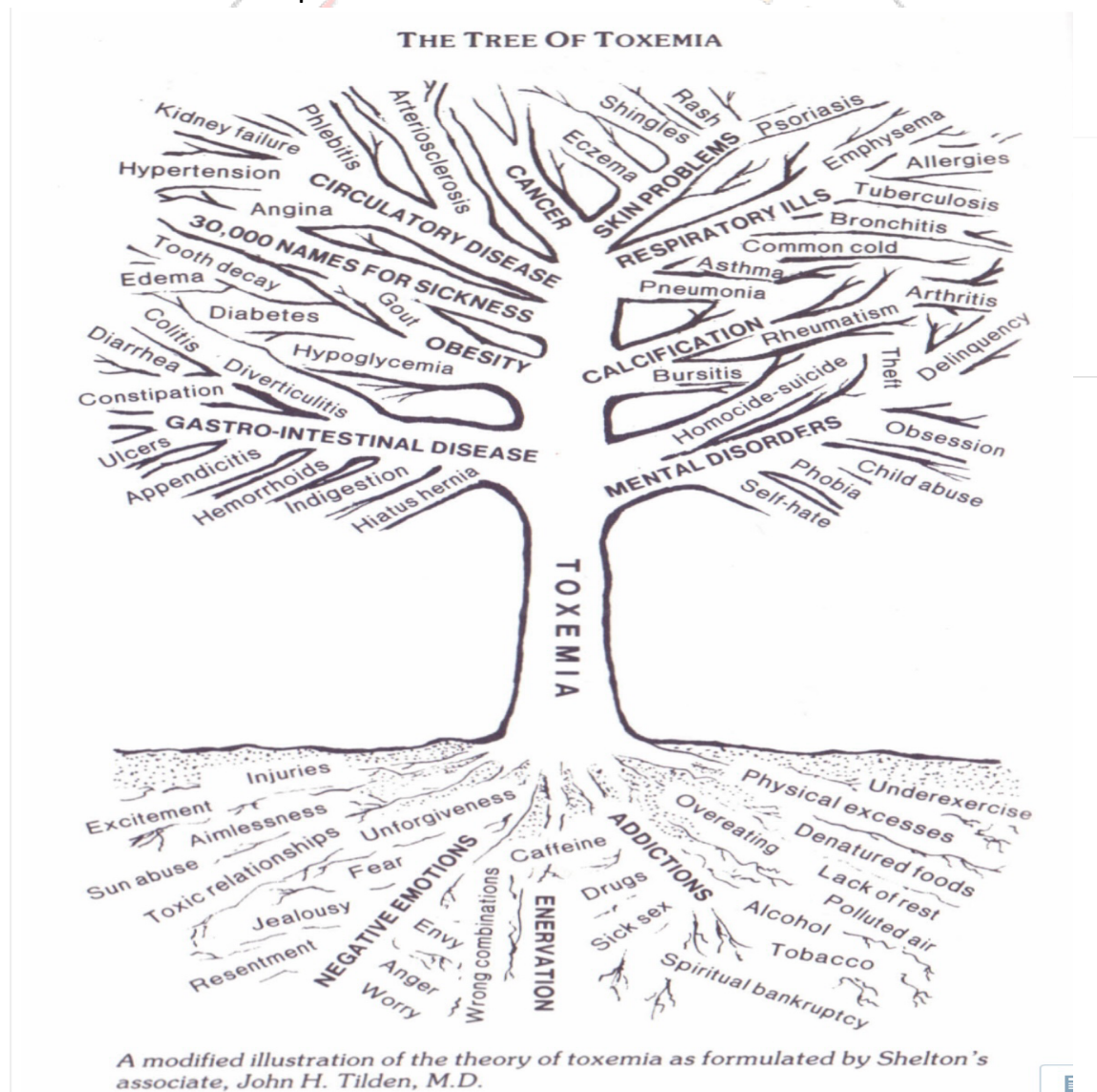
(weakened), thus the toxic poisoning increases until serious disease results.

- Terminal illness is the culmination of years of abuse of nutrition and years of toxemia which resulted from faulty elimination.

Resource: Combining Old and New: Naturopathy for the 21st Century

Proponents of Toxemia Theory

- **Dr. John H. Tilden** – In his book *Toxemia Explained* (1926), he argued that all disease originates from the accumulation of toxins in the blood due to poor elimination.
- **Dr. Bernard Jensen** – Emphasized detoxification and colon cleansing to remove built-up toxins.



Mucus/Inflammation is The Cause of Disease

- Mucus is the root cause of every disease because it clogs vital pathways and organs.
- Mucus-forming foods (dairy, processed grains, etc.) cause disease.
- Chronic mucus buildup leads to inflammation, infection, and tissue degeneration.
- Persistent inflammation leads to excessive mucus production which leads to disease.
- Mucus accumulation in different body systems leads to specific health conditions
- When mucus production is impaired or its composition altered, pathogens can more easily invade tissues, triggering inflammatory responses.
- Excess mucus contributes to chronic inflammation, creating an environment conducive to disease development
- Chronic inflammation, on the other hand, is recognized as a contributing factor in various diseases, including autoimmune disorders, cardiovascular diseases, and certain cancers.

Proponents of Mucus/Inflammation Theory

- **Dr. Sebi** (Alfredo Bowman): Advocated that excess mucus accumulation leads to disease.
- **Arnold Ehret**: Introduced the "Mucusless Diet Healing System," asserting that mucus-producing foods contribute to disease.
- **Dr. Robert Morse**: Emphasizes detoxification and suggests that mucus and lymphatic congestion are primary causes of illness.
- **Traditional Chinese Medicine (TCM)**: Identifies "phlegm" as a pathological factor causing various diseases, viewing it as resulting from disrupted bodily functions.
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Mineral Deficiency is The Cause of Disease

- Minerals are essential nutrients that play critical roles in numerous physiological processes within the human body.
- A deficiency in these vital nutrients can lead to a range of health issues, depending on the specific mineral lacking.
- Minerals are required for detoxification, immune function, and maintaining pH balance

- A mineral-deficient body struggles to neutralize acids, leading to inflammation and toxemia.
- Mineral imbalances and deficiencies disrupt the body's energy and pH balance, leading to disease
- Low minerals = weak digestion = poor elimination = toxins and mucus buildup.

Proponents for the Mineral Deficiency Theory

- **Dr. Carey Reams** – Believed that mineral imbalances cause disease by disrupting energy production at the cellular level.
- **Dr. Linus Pauling** – Stated that "every disease can be traced to a mineral deficiency."
- **Dr. Joel Wallach** – In *Dead Doctors Don't Lie*, he argues that nutrient deficiencies are behind most diseases.
- **Dr. Max Gerson** – His Gerson Therapy focuses on replenishing depleted minerals to reverse disease.

Disease Begins in the Gut

- **Hippocrates**, the "Father" of medicine has often been attributed with the statement, "All disease begins in the gut," highlighting the significance of digestive health.
- His theory of the four humors - blood, phlegm, yellow bile, and black bile- emphasized balance among bodily fluids, with disease arising from their imbalance.
- While he recognized the importance of bodily fluids like phlegm, his approach encompassed overall balance rather than focusing solely on mucus or mineral deficiencies.

It's all Connected: Toxemia, excess mucus/inflammation, mineral deficiencies and gut imbalances are all part of the same disease process—each one worsening the other.

Lifestyle Diseases

- Are influenced by diet and lifestyle
- Associated with the way a person or group of people lives
- Are non-communicable
- Caused by lack of physical exercise, unhealthy eating, alcohol, substance use disorders and smoking tobacco
- Expensive to treat
- Expected to increase throughout the years
- More than 90% of human illnesses are caused by errors in diet – by eating foods not meant for human consumption
- Includes the following:
 - cardiovascular disease
 - hypertension,
 - heart attack,
 - stroke,
 - arteriosclerosis
 - some cancers
 - type 2 diabetes
 - obesity
 - chronic obstructive pulmonary disease (COPD), etc.

Nova Scotia's Health Scenario

- **Diabetes**
 - 14% rising to 18% including undiagnosed as of 2024 - Diabetes Canada
- **Hypertension**
 - 24.8% in 2023 higher than national average of 19.9%
 - Gov't of NS
- **Elevated Blood Cholesterol**
 - 49% 1995
 - Beacon Chebucto.ca
- **Overweight**
 - 33.9% of adult population <35.5% national average

- **Obesity**
- 38.3% of adult population > 30.2 national average
- 2023-24 Gov't of NS

Biblical and Contemporary Perspectives

A Biblical Perspective to Health

- Beloved, I pray that you may prosper in all things and be in health, just as you soul prospers. 3 John 2
- Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore, glorify God in your body and in your spirit, which are God's. 1 Cor 6:19-20

Contemporary Health Perspective

The living organism is God's property. It belongs to him by creation and by redemption; and by a misuse of any of our powers we rob God of the honor due him. Healthful Living, 9.3

When we do all we can on our part to have health, then may we expect that the blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health. He will then answer our prayer, if his name can be glorified thereby; but let all understand that they have a work to do. God will not work in a miraculous manner to preserve the health of persons who are taking a sure course to make themselves sick. Healthful Living 30.6

"Each day most of us make decisions that ultimately have a bearing on life and health. We may not commit suicide in a single deliberate act, but we may put harmful substances into our bodies that will prematurely cause death or decrease our quality of life."

- "Scientific research clearly demonstrates that our daily choices affect our likelihood of living a long and healthy life."
 - Our health is primarily dependent on
 - What we put in our bodies and
 - What we do with our bodies

That translates into 'lifestyle'.

The Connection Between Cause and Effect

Toxemia and Chronic Diseases

From a natural health perspective, toxemia refers to the accumulation of toxins in the body that are not being adequately processed and eliminated.

When the body is overwhelmed by toxins, it can lead to a state of chronic inflammation, which is a common underlying factor in conditions like diabetes, HBP, high cholesterol, and obesity.

Connection to Diabetes and Obesity

Toxins, especially those from poor food choices, environmental pollutants, and stress, can contribute to insulin resistance and fat accumulation.

In a body overloaded with toxins, the liver, kidneys, and digestive system may struggle to detoxify effectively, leading to metabolic disturbances and weight gain.

Connection to High Cholesterol

Chronic exposure to toxins can also cause an imbalance in lipid metabolism, contributing to higher cholesterol levels.

The body may attempt to store excess toxins in fat cells, which can lead to high cholesterol as part of the body's way of managing these accumulated substances.

Excess Mucus and Disease

Excess mucus is often seen as a sign of inflammation or stagnation in the body, particularly in the respiratory and digestive systems.

In a more holistic approach, mucus production is thought to be a response to chronic irritation caused by toxins, poor food choices, or digestive imbalances.

Connection to Gut Imbalances

Mucus is often produced as a protective response to irritation in the gut. In the case of conditions like obesity or diabetes, gut inflammation and microbial imbalances (dysbiosis) are common.

These imbalances may trigger the production of excess mucus, which can further impair digestion and nutrient absorption, leading to chronic issues with blood sugar regulation, fat storage, and nutrient deficiencies.

Connection to Chronic Diseases

Inflammation and excess mucus are both signs that the body is attempting to protect itself but may be overwhelmed by dietary factors (e.g., processed foods, dairy) or environmental toxins.

This cycle can contribute to the progression of conditions like HBP, obesity, and high cholesterol.

Gut Imbalances and Chronic Conditions

The gut is often referred to as the "second brain" because of its influence on overall health and the direct connection of the vagus nerve to it.

Gut imbalances—whether due to dysbiosis, leaky gut, or poor digestion—can play a major role in the development of chronic diseases.

Diabetes & Obesity

Inflammation in the gut due to dysbiosis can interfere with insulin sensitivity and fat metabolism.

When the gut microbiota is out of balance, the body may struggle to properly process food and eliminate toxins, leading to insulin resistance and obesity.

High Blood Pressure and Cholesterol

The gut microbiota has been shown to influence blood pressure regulation, and imbalances can disrupt this process, contributing to hypertension.

Additionally, gut health affects the liver, which plays a major role in cholesterol metabolism. An imbalanced gut can contribute to cholesterol imbalances, leading to high cholesterol levels.

Mineral Deficiencies and Chronic Diseases

Minerals like calcium, magnesium, potassium, and zinc play a crucial role in regulating blood sugar, cholesterol, and blood pressure.

Mineral deficiencies can disrupt these processes, contributing to chronic conditions.

Calcium & Potassium

Both minerals help manage blood pressure and electrolyte balance.

A deficiency in calcium disrupts several metabolic processes and this can impact the liver's ability to properly metabolize nutrients, detoxify the body, and maintain overall metabolic balance.

A deficiency in potassium, for example, can contribute to high blood pressure and fluid retention, which is often seen in obesity and metabolic syndrome

Magnesium & Zinc

A magnesium deficiency is often associated with insulin resistance, high blood pressure, and elevated cholesterol levels.

Magnesium helps regulate blood sugar and lipid metabolism, and a deficiency may worsen the symptoms of these conditions.

Zinc plays a role in regulating insulin and immune function. A deficiency may impair insulin response and contribute to the development of diabetes and high cholesterol.

The Cost of Disease

Diabetes

Managing diabetes can cost around \$9,600 per year pp in the US

Cardiovascular Disease

those with heart disease can spend an average of \$3,000 - \$6,000 per year of medical care.

Obesity

Obese people spend \$1,500 to \$2,500 more per year than those of healthy weight in the US.

- **Inflammation** in the body has a huge price tag in terms of healthcare expenses and lost productivity.
- Chronic inflammation is **linked** to arthritis, cardiovascular disease, diabetes, obesity and neurodegenerative diseases such as Alzheimer's.
- **Costs** associated with these inflammation range due to the severity of the illness.
- The real cost of inflammation **extends** beyond finances - it can include lost of independence, emotional distress, and decreased quality of life.
- Addressing inflammation **early** can significantly reduce these financial and personal burdens.
- Poor health leads to **decreased productivity** in the home and workplace.
- Annual costs are exorbitant for the workplace.
- Someone with Type 2 Diabetes or Cardiovascular Disease may incur \$100,000 - \$500,000+ over their lifetime in medical costs, lost wages and pain mgmt.
- Someone with **inflammatory** issues can spend upwards of \$3,500 - \$30,000+ with surgery a year.
- The real cost of inflammation **extends** beyond finances - it can include lost of independence, emotional distress, and decreased quality of life

Holistic Strategies for Addressing These Connections

- Focusing on nutrient-dense, whole foods, including plenty of vegetables, fruits, and plant-based proteins, can help reduce toxin load and inflammation in the body.
- Foods rich in magnesium (leafy greens, nuts, seeds) and potassium (bananas, potatoes, spinach) can help support metabolic function and balance.

Gut Health

- Incorporating prebiotics (like garlic, onions, and artichokes) and probiotics (such as fermented foods) can help restore balance to the gut microbiota, which can, in turn, reduce inflammation, improve digestion, and support metabolic health.

Detoxification

- Gentle, natural detox methods like detox juices, herbal teas, liver support, and hydration can help the body eliminate excess toxins and mucus.
- Focusing on liver and kidney health can also assist in reducing toxemia

Mineral Replenishment

- Ensuring adequate intake of essential minerals is key.
- This can be achieved through diet, supplements (when needed), and even mineral-rich herbal teas or broth

Key Takeaways

- By addressing the root causes of these conditions—**gut imbalances, mineral deficiencies, and accumulated toxins**—through natural, holistic methods, individuals may experience significant improvement in their overall health and wellbeing

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