

## I WANT TO BE DISEASED, PLEASE.

As we admit to the willingness to receive disease and related conditions (by our choices) as human participants upon this earth.

We must ask ourselves do we wish to continue this process; or do we wish to enact change. To submit, correct, and establish disciplines as a willing participant to the healing process completely, or the body maybe incapable of repairing itself.

Disease is not a negative or problematic condition. It can be seen as the result of the ego, our activity of separating ourselves from the All- Pervading Life Force.

Disease can be seen as an opportunity to inspect our lives, and happily relinquish the life- negative habits, taking on more life- positive ones.

This makes healing our responsibility, not the doctor, healer, or other external authority. True healing requires a change of action --- mental, emotional, and physical--- and only the individual can do this. The principle faculties of body, emotion, mind and breath are interdependent.

A disturbance or frustration in one will tend to manifest as symptoms in the others— unless consciously transcended and released. Therefore, we must inspect all of our psychophysical activities and discover the root of the symptoms.

### Food as Poison

As noted, the gross physical body is a food body. Most of the health problems we suffer at the gross physical level are do to the way we eat, the amount and quality of the food we choose to consume. So much of it is tainted with chemicals and otherwise abused by heating and other degenerative processes. Except for the emotional, this is where most physical disease comes from. We are what we eat, the expression goes. It's true at some real level, and we feel guilty about it, about what we eat and even the way we eat – because we know in our heart that the body is designed to eat pure raw natural and untainted foods.

Consider this: there are ways of eating and living that are life- positive, and ways that are life- negative. How can you progress by taking one step forward, and two steps backward? Smoke and drink, flesh (**killed**) **food, sugars and other refined foods are life- negative. It's not what "nature" intended for us, or otherwise what brings natural life- energy to the body-mind.**

The cells of the gross physical body were designed by nature to receive food the way it comes in nature—raw. Therefore, how can we expect to know what the body is supposed to look like, feel like, and be healthy unless we eat raw food? We've got to at least try this and see how it works for us. If cooked and processed food actually has such a negative affect on our health, we must do the experiment with raw food--- at least to learn the truth about this raw lifestyle "theory."

### The Bank of Disease

One darkly humorous way we can think of this disease – developing process is to picture a big bank where people are making deposits. Every time we eat junk, we make a deposit at the **Bank of Disease**. It's quite a huge bank—opulent, gigantic, and tremendously impressive in its sheer size, but basically gross and truly ugly—inside and out. It's just that we don't want to see it as ugly—even though we know it actually is ugly.

We want to think it's really O.K., because ....it's so much fun to go there. Here's why: We've learned to enjoy hamburgers and French fries. We take our money for our burger and fries to the disease bank to "make a deposit". It's not even a Holiday, but we've eating turkey, chocolates, ice cream, and all manner of teased – up, chemicalized and processed foods. More deposits in the **Big Bank of Disease** .

Little by little, unnoticed as it happens, our dark account at the big bank builds up. Before long, maybe by our 30's, our "account" is showing the signs : **Disease!** We're finally starting to "cash in" on our deposits. And, Oh! The tellers at the bank (medical doctors) are delighted for us. We're paying their wages. We're paying for their son's education with our surgeries, and for their daughter's new Mercedes. Why shouldn't they be happy with us? And—whoa—the owners of the bank(the drug companies) are just going to love us!

All the drugs we're consuming and being injected with. We're sick, sick, sick, and they're rubbing their hands in glee! We smoke a cigarette and they shout "Horray" We stay up late drinking, and they jump up in the air, "Yahoo!" We develop cancer, and they have a major celebration! Make no mistakes about it: these folks are in the **Disease** business, not the health business.

Of course, we in the U.S.A. are supposed to have various protections against drug and medical abuses, against harmful substances being sold to us or prescribed for us. Whole populations have been poisoned by legally required and govt. sanctioned mass vaccination—paid for by our tax dollars .Heretofore unknown diseases have developed by these modern "miracle drugs."

There will come a time when this whole misuse of medicine, this domination by drug – controlled allopathic, will be looked upon as a largely immoral, chapter in human history. At some future time, Traditional Naturopathy and otherwise natural therapies will be combined with intelligent uses of technology—including certain drug- type medicines—so that Hippocrates' original medical admonition to "first, do no harm" will once again be the watchword of all healers.

Be Well Naturally,

Dr. F. James Weston