

The Seven Stages of Disease

There are seven stages of disease progression which are really just symptoms of an intelligent, body-instituted healing crisis. The early stages begin with mild symptoms of excessive tiredness while the later stages end in full-blown catastrophes where weakened organs and systems start to give out and can no longer perform their function. Failure of the heart, lungs, thyroid, kidneys, liver cirrhosis, severe auto-immune disorders, adrenal burn-out, type II diabetes, cancer, etcetera.

The Seven Stages progress as follows: Enervation, Intoxication, Irritation, Inflammation, Induration, Ulceration, and Fungation – which leads to cellular mutation – that is to say, cancer.

During the early stages if the cause of the problem is removed, symptoms of disease will begin to reverse. But if symptoms are repressed or ignored and poor choices continue over the course of days, weeks, months and years the body will progress to the following stage.

1. Enervation. (*enervate*) [v]: *To deprive of nerve energy, vital force, or strength. Physical, mental, or moral weakness. Devitalize. Destroy the vigor of; weaken.*

The first stage of disease progression is Enervation. The word *enervation* comes from the word energy. In this condition the body is not producing enough energy for the tasks it must perform. So, the first warning sign that you are becoming enervated is that you get lethargic and require naps just to get through the day, or you have real trouble getting out of bed in the morning.

Enervation is caused by caused by lack of sleep, overeating, drinking too much alcohol, polluted water and air, excessive worry and stress, excessive sugar intake, salt, coffee, and overindulgence in junk foods, sodas, drugs, and stimulants. The result is an overall weakness, which causes tiredness at first, then depression, and then reduced vital energy as a whole.

All of the body's functions are impaired when the body enters the state of enervation, including our ability to detoxify and restore depleted energy, meaning that this is the beginning of a downward slope. If it is not fixed by lifestyle changes that allow the detoxification systems of the body to clean it internally, it will soon slip into stage two which is called intoxication, auto-intoxication, or toxemia.

2. Intoxication. (*intoxicated*) [adj]: *The state of being poisoned by a drug or other substance.*

The second stage of degeneration is intoxication (or toxemia). Toxemia happens when the uneliminated toxic material starts to saturate the blood, lymph nodes and tissues of the body. Over time this slows the body's ability to eliminate poisons, by clogging the detoxification organs and filtration systems of the intestines, liver, kidneys, skin, blood circulation and lymphatic flow.

Our vital energy is always divided between digestion, assimilation, stimulation, cell absorption, and elimination. As more energy is diverted into the body's attempt to digest the poisons listed in stage one, cellular energy capacity drastically declines through adrenal exhaustion.

This is when people tend to begin to depend on artificial stimulants such as caffeine, herbal stimulants, prescription drugs, sugar, tobacco, and inorganic substances to try and compensate for the loss of energy. This leaves the body intoxicated, sluggish, burned out, and weakened. Continued enervation and intoxication lead to a susceptible crisis named "dis-ease" or what we have earlier labeled *The Medical Twilight Zone*.

In this zone of "dis-ease" the person is neither healthy nor chronically sick. They are somewhere in between. They fall through the cracks of the medical machine which has established parameters calibrated specifically for trauma and crisis. Consequently, if they look for help with their family doctor, they are likely to be told there is nothing abnormal going on and turned away with a clean bill of health with some pills to dull their symptoms.

At that point, if the detoxification systems are not assisted by the outside intervention to get this toxic residue dumped from the cells (such as homeopathic treatments, increased fluid intake, exercise to increase circulation, and opening up of the detoxification channels) then their condition will progress into stage three which is irritation.

3. Irritation. (*irritation*) [n]: *The bringing of a bodily part or organ to an abnormally excited or sensitive condition.*

At this third stage of disease progression, the body sets its defensive mechanisms in motions and speeds up its activities in the desperate attempts to unload toxins that have accumulated inside it from the excess consumption of acid-forming foods, beverages, and (likely) antibiotics, which cause the body's fluid conditions to develop an acid pH. This condition depletes alkaline reserves, and over time the acid wastes irritate tissue lining. As a consequence, this stage is characterized by symptoms like itching, skin rashes, burning eyes, irritable bowel syndrome, and so forth, which all cause redness leading to inflammation.

The most obvious waning of irritation is itchiness. As well as being the body's largest organ, the skin is also an organ of elimination. The body uses its four billion pores to remove toxins from the body. If any part of your skin becomes itchy then that is a sign that toxins are being removed, because when they come to the surface of the skin that area becomes irritated. Sometimes it gets inflamed as the body increases blood flow to the area in the hope of removing them.

Not everyone experiences itchiness in the irritation stage. Others may experience headaches, nausea (especially in the mornings), persistent tickling in the nose, uneasiness, short temperedness ("irritability"), nervousness, depression, anxiety, headaches, difficulty sleeping. Coated tongue, bad breath, increased body odor, dark circles under the eyes are also all signals that the body is in a state of irritation.

In this stage, acid-forming compounds such as acetyl acids, carbonic acids and lactic acids cause the body's fluid condition to develop an acid pH of under 7.0, which gets dangerous because bacterial forms, fungus, molds, parasite and pathogenic viruses incubate and love to breed in that low pH environment.

4. Inflammation. (*inflammation*) [n]: *Redness, swelling, pain, tenderness, heat, and disturbed function of an area of the body, especially as a reaction of tissues to injurious agents.*

The fourth stage of disease progression triggers the onset of inflammation. Inflammation is the response of your body's tissues to irritation or injury. Inflammation may be acute, meaning developed suddenly and lasting only days or weeks, or it can be chronic, getting worse over a period months or years unless reversed.

This stage of inflammation is characterized by all the "itises" you have heard of; sinusitis, nephritis, hepatitis, meningitis, appendicitis, colitis, and so on. Whenever you hear of an "itis" it means "inflammation of the." Nephritis is inflammation of the kidney, colitis is inflammation of the colon, hepatitis is inflammation of the liver, meningitis inflammation of the meninges, which are three membranes covering the brain and spinal cord, appendicitis is inflammation of the appendix, dermatitis is inflammation of the skin, otitis media (or middle-ear infection) that's inflammation of the middle ear, sinusitis (or sinus infection) is inflammation of the sinuses, arthritis is inflammation of the joints, cystitis is inflammation of the bladder, gastritis is inflammation of the stomach, encephalitis is inflammation of the brain, and so on. Medical science would have you believe that these are twenty different "itis" diseases (that need twenty different treatments,) but they all derive from the same underlying cause. It's just an exacerbation of the area of the body that started with irritation, enervation, and auto-intoxication.

Inflammation is the body's most intense effort to cleanse and restore. At this stage, disease becomes painful! The chief signs of inflammation are redness, heat,

swelling, and pain, accompanied by loss of function in affected areas. Inflammation indicates the accumulation of pustulence or dried blood and thick mucus, in and around the organs, joints, and cells. This triggers an immune response, causing the white blood cells to spill histamines, cytokines and other inflammatory substances in the fight to clean up the toxemic condition. Continued inflammation through pro-inflammatory hormone release will eventually lead to stone-like formations of trapped inorganic wastes creating a protective barrier in the joints, kidneys, and gall bladder. At this point the body's weakened, enervated filtration organs are unable to expel the accumulated, hardened waste material fast enough. Allergies, suppressed immunity and poor digestion can also result. In fact, often when people have one of these, they have two of them or all three. That is because these are not different diseases but symptoms of the same underlying condition.

A so-called allergy is nothing more than the irritation of an already chronically inflamed nasal passage or lung tissue from a pronounced toxemic condition. Toxemia irritation is the basic cause of all inflammation, including in the intestinal lining (which can cause poor digestion) and the epithelial lining in the lungs.

It's logical to see how the inflammatory conditions are an exacerbation, or a later stage, of the irritation conditions we found in stage three. Where you were irritated you had itchy skin, but once you're inflamed you come down with dermatitis, eczema, psoriasis, and what have you. When you were irritated you had irritable bowel syndrome, now that you are inflamed you develop colitis. When you were irritated you had a persistent tickling in the nose, now that you are inflamed you contract sinusitis, and so on.

Actions at this stage determine whether you are going to recover your health or if you are going to deteriorate into more severe conditions with scarier symptoms.

5. Induration. (*induration*) [n]: *Hardening of a tissue, particularly of the skin, due to excess fluid retention, inflammation, or growth of a tumor to protect the body from further damage.*

Now we are getting into the really dangerous stages. In the first four stages of enervation, irritation, intoxication, and inflammation, the cellular enzymes are still intact. While the symptoms of the first four stages are uncomfortable, unpleasant and cause many complaints, at the fifth stage we have actual impregnation of a disease process that is chronic.

The fifth stage of degeneration is earmarked by a gradual thickening or hardening of the mucous and sub-mucosal tissues, due to continued inflammation that is overwhelming to any of the detox systems. The increased hardening from solidifying hydrogenated and saturated fats, LDL cholesterol, chlorine, calcium, iron, and other inorganic minerals will choke arterial circulation – cutting off oxygen and inhibiting the flow of nutrients to the cells if this is not addressed by

some type of detoxification protocol. The hypoxia leads to programmed cell death, known as apoptosis.

Symptoms of induration include hardening of the arteries, skin eruptions, open sores, ulcers, pustulence, cataracts, cysts, polyps, liver spots, kidney stones, callused feet, calcium spurs and gall stones.

Scarring is also a form of induration, which is a hardening of tissue or filling in of a tissue where it has been lost. The hardening has a purpose! Just as the fibrous tissue of a scar replaces normal skin after an injury and keeps toxic material from entering the body from the *outside*, during the stage of induration, the toxic material that is threatening the wellbeing of the body from the *inside* is encapsulated in a sack of hardened tissue in an attempt to quarantine it and hold it in one place so it will not spread to the entire body. In other words, like a scar, induration is not a disease but a natural part of the healing process. The body trying to protect itself. It forms a kind of tumor and will often be diagnosed as cancer even in cases where no cancer exists.

6. Ulceration. *(ulcer)[n]: A craterlike skin or mucous membrane lesion; a sore open either to the surface of the body or to a natural cavity, and accompanied by the disintegration of tissue, the formation of pus, etc.*

The sixth stage is what is called ulceration. Everyone knows about ulcerative colitis or having stomach ulcers, but what ulceration really represents is an active degeneration from cellular apoplexy (eruption). A paralysis of circulatory functions in blood and lymph takes place due to tissue and arterial hardening. This is accompanied by the disintegration of the tissue and the formation of pus. Crater-like skin or mucous membrane lesions form and sores open up on the surface of the body or internally.

Ulceration can manifest as a stress ulcer in the body of the stomach, a stasis ulcer on the ankle, a trophic ulcer (jungle rot), a peptic ulcer in the inner lining of the stomach, small intestine or lower esophagus, or even ulcerative colitis.

Instead of normal toxin elimination, the excretion of dried blood and toxic pus erupt from open wounds, boils, fistulas, internal ulcers, or even discharges from the eyes, ears, nose, vagina, or other body cavities. Examples of these are canker sores, associated with AIDS and herpes simplex. Another symptom of ulceration is adrenal exhaustion/stress from a highly toxic, enervated condition.

At this point the body has been under assault for so long that massive amounts of cells and tissues are being destroyed. It's immensely painful. The eruptions are the body's desperate attempt to dump or purge toxins. Often adrenal exhaustion sets in at this point and people get into severe lethargic conditions where they can't even function.

Ulcers can be reversed if the body is facilitated to heal but things are desperate at this stage, and they only have one progression left until cancer sets in.

7. Fungation of the body and Cancer.

In this last and final stage there is the excessive overgrowth of fungus in the blood and tissues. Molds, mildew, spores, yeasts (candidiasis), and cancer cells run amok as the body's fire-fighters are powerless to respond to the multiple crises taking place in the body all at once. The body is literally being decomposed from the inside out while it is alive. Doing a live blood analysis using darkfield microscopy will easily detect yeast, fungus, mold, and cancer cells. This is the stage where macerozymes start signaling death to the organism.

There are more than a thousand toxins produced by yeast, fungus, and mold, and their acidic wastes contribute directly or indirectly to a wide range of symptoms. Healthy cells can no longer renew themselves but form cancerous mutations. There is cellular disorder from repeated free radical hits on the DNA. Genetic material is damaged during replication, transcription, and translation of new cells. This inevitably leads to cell proliferation and mutation of tissue growth into a morbid state. In this morbid state circulation is affected. There is no nutrition to the cells as they are too full of toxins to accept what is given. Nutrients are consumed, instead, by the parasites, molds, and fungus. The immune system is weakened, body pH is extremely acidic, and this cellular environment attracts these scavengers: parasites, fluke worms and all of these viral infections, bacteria, and fungal forms. They're there because of the terrain, seeking an environment that is favorable to them.

So, when you hear of cancers, you know a person has gone through decades of degeneration through the previous six stages: Enervation, Intoxication, Irritation, Inflammation, Induration, Ulceration, and Fungation to get there. Tumors do not happen overnight, so now the body has reached that final stage where neoplasms grow.

The Body's Attempt to Return to Homeostasis

All seven progressive stages of disease are part of the body's ceaseless effort to return balance and order to the body, which we call homeostasis. The body will use whatever means it has at its disposal in the attempt to purge itself of the unwanted toxins and acid residues that are lodged in the tissues and are poisoning it. These mechanisms range from a simple runny nose or the coughing up of mucus, all the way through to oozing tropical ulcers that break out on the skin. Because these symptoms are unpleasant and people want rid of them, medical science misidentifies them as diseases. However, armed with this information, you now know that your body is not failing you, but doing its job. It is desperately trying to prevent you from dying!

With this new knowledge we see that even bacteria aren't just intruders that turn up out of nowhere, but guests we invite in inadvertently with faulty lifestyle choices and bad habits. The cellular terrain becomes the food source for a lot of these pathogens which are acting as scavengers, feeding off our cellular wastes. This puts the power back in your hands, as if you change your lifestyle and clean out your body, the bacterial forms, molds and fungus will go pick on someone else.

Through my decades of research, I have come to believe that acidic pH is the primary factor triggering the seven-stage progression of disease. An overly acidic body starts to eat away at tissue like battery acid eating into skin – slowly corroding your entire body. If left unchecked, these acid wastes will interrupt all cellular activities and functions. This can interrupt everything from the beating of your heart to the neuro-firing of your brain to cognitive thinking and memory interruptions. Over-acidification interferes with life itself, leading to all sickness and “dis-ease.” As the accumulation of acid residues in tissues and cells sets in, this is accompanied by poor blood and lymph circulation, poor cell activity, poor oxygenation, nutritional deficiencies, and dehydration, causes and electrical disturbance at the cellular level. When the cellular matrix that makes up the tissues and organs is suffocated, the cells cannot breathe properly and do not receive the nutrient building blocks they need to do their manufacturing tasks. As the cells become deprived of the necessary nutrient components for optimum health and reproduction, the entire body begins to rot and decay from the inside out. The cells, tissues and organs begin to die, and morbid microforms such as parasites begin to feed on the diseased areas. This produces potent acidic by-products called mycotoxins, which further compromise pH and create disruption in the body's bio-systems. This process can involve further morbidity through bacteria, yeast, fungi and mold formation, with subsequent serious life-threatening symptoms. When acid wastes build up within weakened cells and organs that are too weak to clean house, a fertile environment exists for disease causing pathogens to breed. This is what the medical community refers to as “degenerative disease.”

When we are born, we have the highest alkaline mineral concentration that gives us perfectly balanced pH. That's why most degenerative, metabolic, and autoimmune diseases do not show up until after 40 or so years of abuse from acidic assaults to the blood, tissues and cells.

Fundamentally, all regulatory mechanisms (which can include breathing, digestion, circulation, hormone production, neurotransmitter release, etc.) serve the purpose of balancing pH by removing the normally metabolized acids from body tissues and cells.

Most people in today's world still believe disease to be something mysterious that attacks them from the outside and there is very little they can do about it.

My conclusion is that disease comes from the inside out and that the terrain or environment of the body is the catalyst for the development and progression of all disease. This does not preclude the contributing factors from external circumstances such as trauma, airborne microforms, air pollution, radiation, chemicals, and drugs of course. These all provide negative acidic impressions, but “dis-ease” itself arises within the cell in response to these impressions.