

The Seven Stages of Disease (all disease)

- **Enervation**, your energy is affected by poor food choices, you do not have the same energy levels as you once did
- **Toxemia**, toxins build in the system...a little too much to drink or the garbage was put out a 3 days late, congestion in the liver or elimination pathways as does happen over time
- **Irritation**, body shows various symptoms of irritation (including the mood)
- **Inflammation**, part of every disease, there is acute and chronic, with chronic you can progress to the 5th stage, inflammation is also caused by infection and injury, critical turning point – heal or continue to be inflamed
- **Ulceration**, splitting of the arteries, the body being further affected by food choices and toxins, trying to get toxins out (i.e. skin ulcers), manmade ulceration from an operation
- **Induration or Scarring or Hardening**, body cannot have openings or splitting of arteries so to protect itself it scars or hardens when not healing (i.e. scarring after an operation)
- **Fungation**, system is acid versus alkaline, this is where the oncologist will say you have cancer, cells are anaerobic instead of aerobic which is oxygen thriving

Two Root Causes are Nutritional Deficiencies and Toxins and Chemicals. The possibility is to reverse the stages to return to vibrant health. We do this naturally.

Cheryl's comments: **STRESS** and traumas cause us to burn up nutrients and increases the toxins/chemicals at a much faster rate than normal processes in the body. Examples of these events: Accidents, emotional upsets, injuries (pain), our thoughts/perceptions.

Stress relates to adrenals. Everything is connected. Everyone is unique. All is energy.

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