

The Dwindling Spiral of Disease

Source: <http://sci.tech--archive.net/Archive/sci.med.nutrition/2008-03/msg00310.html>

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 - *Date:* Tue, 25 Mar 2008 13:31:04 -0400
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The Dwindling Spiral of Disease

A few years ago, I wrote the following article in great haste at the request of a student of mine and cranked it out "off the cuff" and straight out of the ole brain with no editing for subtlety and finesse in about a ½ an hour. They are cold hard facts straight from the hip. It was not written for hard-core Herbalists and Natural Healers as I'm not into preaching to the choir. J It was, and is, intended for the average man on the street who is looking for some answers to the physical problems plaguing himself and his family.

The Dwindling Spiral of Disease
by
Ian Doc Shillington N.D.

First, let's take a look at a few questions here which are very appropriate.

- Why is it that, as time goes by our medications from the Medico (the Medical Doctor, which emphatically includes Psychiatrists and Psychologists) get stronger and more potent? ? ?
- Why is it that, as time goes by we seem to get sicker and sicker even though we are going to the Medico regularly and in some cases, even more frequently? ? ?
- Why is it that, as time goes by our diseases seem to get more serious even though we are taking more medications than ever before? ? ?
- Why is it that, when we get a headache, and the Medico recommends an aspirin (or something stronger), the headache then goes away???. And does this mean that our body has an aspirin deficiency? ? ?
- Why do we get sick in the first place? ? ?
- Is being sick and diseased the NORMAL condition of human life? ? ?
- Why in hell do I always feel so bad? ? ?

Welllllllllll you know, ain't it funny that if you ask the right questions, the right way, the answers will sometimes jump out at you and slap you aside the head with the impact of a 2 by 4. Many times it's just a matter of asking the RIGHT question(s) :o)

Do you see where we're heading here?

Now, I'm going to give you some basic answers to the above and more. Of course you're always welcome to

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do your own research to find out for yourself whether I tell the truth. I always encourage others to find out for themselves what is true for them.

#1. THE MENTAL BASIC COMMON DENOMINATOR OF ALL DISEASE IS STRESS! The word "Stress" can be used synonymously with the word "Suppression". There are NO exceptions to this statement. None! Wherever you find disease, you will find "Stress" as the major underlying factor prior to the developing of the disease 100% of the time.

#2. THE PHYSICAL BASIC COMMON DENOMINATOR OF ALL DISEASE IS STOPPAGE! For many years, I'd simply accepted the conclusions of Dr. John Christopher that this common denominator was "Blockage". As I started my journey into the realm of investigating HEALTH, this datum seemed at first glance to be true. But as my research continued, I kept running into circumstances where there was NO "Blockage", and yet a condition of disease existed. It baffled me for a while until I realized that "Blockage" was the wrong answer and that further research was needed. Why? Because "Blockage" did not answer the problem of Diabetes and the malfunctioning Islets of Langerhans that goes with that condition. It did not solve the problem of exhausted adrenal glands in the (20 pots of coffee a day) patient. There was NO "Blockage" to be removed in these cases so it was obvious that this was only a partial truth. I had to throw out this stable datum and develop another one that was workable 100% of the time. After many hours of investigation, I finally managed to fine-tune this and came up with "STOPPAGE" as the final answer. Wherever you find "Blockage", you'll always find "Stoppage" to a greater or lesser degree. But, you don't always find "Blockage" where there is a "Stoppage". Sometimes a condition exists whereby a gland or organ has simply ceased to function. This is "Stoppage". The biggest question I had to ask and prove was, "Did this stable datum discovered by me, lead to a resolution of ALL disease?". The answer so far is, "YES!". I haven't found an exception to date, and believe me, I've looked. One time only, I thought I'd found an exception in a patient until I realized that, "ALL DISEASE IS CURABLE! BUT NOT ALL PATIENTS ARE! THERE ARE THOSE WHO ARE DETERMINED TO BE VICTIMS AND WHO ARE ACTUALLY TRYING TO SUCCUMB!". I could go on for reams and reams with this to show you the proofs, but space and time will simply not allow it in this short article. I also challenge anyone to disprove the above and I mean this seriously. I've challenged it myself many times just to ensure that it is workable. And workability has always been my watchword. Does a therapy, treatment, or remedy work? That is the ultimate question and final proof regardless of pharmaceutical laboratory propaganda!

Where does this all fit into the original questions above?

Wellllll, it answers the question "WHY?", and it ultimately leads to a resolution of all of the above, but let's look further into this nefarious Dwindling Spiral of Disease by taking an honest look at the following all too common scenario.

When you were 2 yrs of age, some family member, family "friend", or neighborhood bully decided to add a little stress to your life (Mom or Dad might not have thought it was stress, but you certainly did), and shortly thereafter you got sick and came down with your first serious cold and fever (a major detox by the way). Now if you were lucky, Mom only flipped out enough to give you a Children's Aspirin, or a Children's Tylenol and you came through it kinda, maybe OK. If you weren't quite so lucky, Mom really freaked and took you to the Medico who gave you something stronger (and worse), and usually gave you an antibiotic to boot. Now the apparency is that the symptoms went away and that you were 'cured'. What actually happened was, the symptoms were suppressed (looks like they went away), but that damage was done to your liver and other vital organs that were debilitated by the drugs the Medico gave you. There was a greater threat to your vital organs and the cold (the body's detox) was stopped in order to handle the greater threat of the medical drugs to the vital organs. Don't believe me? The next time you get a sliver, or a bruise from a bang, or even a cold, hit yourself hard on the big toe with a hammer. I guarantee you, that you'll forget all about the sliver, the bruise and yes even the cold, as your body now has a much more serious situation to handle. Aspirin causes bleeding

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in the stomach and that is a bigger threat to the body than a headache (usually brought about by stoppage in the bowel by the way). The next time you're not feeling too well, go and deliberately pick a fight with your spouse and watch how soon you forget about how bad you're feeling physically. Of course you may feel even worse the next day having created a bad effect on your loved one. But you get the point. You don't need a pristine laboratory with stainless steel test tubes to figure this out. At little testing and observation of life (even some remembering) on your own part will verify this.

OK, now you're 6 yrs old, and you've had a dozen or two colds and fevers, and even a couple of flus and everytime you got them, Momma gave you something from the doctor to handle them which further suppressed your body's organs, glands, and immune system. And then one day you really get sick, I mean really sick (temperature of 106, etc.). Momma of course panics (by the way, this is probably what her mother did which can lead to an "apparency" of "genetic" diseases) and takes you to the family Medico (one more time) and this time the doctor orders a large round of "expensive tests" to discover you have 'allergies' (and if you're really unlucky – ADD or ADHD as well). Now the "nice" doctor prescribes and puts you on another and even stronger medication (drug) to do what? – You got it. Suppress the symptoms. Is there a 'cure' in sight? Absolutely not! Don't even dare ask cause it's against the law to cure anyone in this legal day and age. Now as the years pass, you seem to be just one of those poor souls (victims) who seems to be allergic to just about everything and your dosage of medications (and their strengths) seem to go up at the rate of about once a year.

Now you're 10 to 15 yrs old, and due to the crime rate in your school (Remember Stress?), you have to stay home for a week because you're really sick one more time and are having lots of trouble breathing. Momma (she's gray by now), takes you to a different Medico (she knows instinctively that something is wrong but can't pinpoint it) to have a new battery of tests done to discover what? Her baby now has Asthma. Boy, now we're on a whole new set of medications and drugs and some of these are pretty darn strong and the medicine chest is so full you couldn't get another thing into it. I mean, things fall out of it when you open the door. Get the picture?

Well time continues to move on, and the drugs get stronger, the doses get bigger and so on, until we hit the ripe old age of 25 and what–d–ya–know? We're concerned about that little lump in the breast, and we go to the Medico one more time to discover we have the Big "C" = Cancer. Now you've hit the big one. NO! And I mean absolutely NO medication / treatment gets as intense as Chemo Therapy and Radiation. Ask a person who's had these. They'll tell you they feel like they've been run over by a train. The other route you could follow if you don't get Cancer is the big "H" = Heart Disease. And if you think healing by herbs is radical, you should see an open–heart operation. Now that's radical, and don't be surprised if you end up with a baboon heart or something of the sort. Now you're into operations and all other kinds of medical treatment until you die at the ripe old age of 39 or so.

Some of you may think I'm exaggerating here. I'm not. Talk to a Cancer patient. Talk to a Heart patient. They'll tell you. Ohhhhhh, there may be some discrepancies in the ages above and some people won't die from cancer or heart disease until they're 40, 50 or 60. A child might not get that first cold until the age of 3 and your asthma victim might not really develop a serious case until he's 25 or so. The point I'm trying to make here is that, there is a Dwindling Spiral of Disease and the Medical Doctor is into nothing but – DISEASE MANAGEMENT. That's all! Nothing else! And don't you dare ask how much money the Medico has made through this whole process. I'll tell you, HUNDREDS OF THOUSANDS OF DOLLARS (Perhaps MILLIONS)!!!! Not just from you and your insurance, but also as kickbacks (rewards, incentives, whatever you want to call them) from the big pharmaceutical companies as well. Now, where do you think a lot of this "Stress" is coming from? You got it. From the Medicos themselves who are at the very least placing a heavy "stress" on the body by the use of all these drugs (Oh yes, you can be very easily mentally stressed by drugs). Do you want to see a Medico go berserk? Just tell him you want to get a second opinion from an alternative practitioner. Ooooooooh, I know not all of them are "Bad", and many of them are just miseducated and

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ignorant, but the big majority are in it for only one thing = THE BUCK! And believe me, they create their patients right from the cradle.

I'm going to give you a few new concepts here.

GOOD VITAL HEALTH IS 'NORMAL!' Think about it. Doesn't this instinctively make sense to you?

THE BODY CAN ACTUALLY HEAL ITSELF WITH A LITTLE DIRECTION BY THE PERSON! IT WAS DESIGNED TO DO SO! Hey! You break a leg and when it's put into a cast (one of the few things the Medico is good at by the way), the bones grow back together again don't they? (and not at the orders of the doctor either) Then what makes anyone think that the body can't heal all the other things that are wrong with it, with just a little direction and common sense by the person himself.

DISEASE IS NOT NORMAL! YOU HAVE TO WORK FOR IT AND EARN IT! You may or may not believe me here. But you did everything that was necessary to earn your disease. Oh, you had help from others, no doubt about that, but you were the one who made the decision to keep doing the same old bad habits. You were the one who as an adult continued going to the Medico for your monthly dose of drugs.

Where does the buck stop??? Well, actually the buck stops with the Medical Doctor and the pharmaceuticals, but the responsibility is ultimately yours.

Some people tell me they are looking for a good Doctor. I tell people that I'm looking for good Students. And what is my definition of a good client? It is someone who realizes that they are fully responsible for the condition they are in – good or bad. They realize that they are the "Causative" factor in their own lives and refuse to be victims. They know that their 'healing' is their own responsibility, and that only they can affect their own 'CURE'.

The original definition of "Doctor" meant "Teacher" and that's what I'm all about. I can supply the knowledge necessary for anyone to achieve a marvelous healing. But it is you who'll avail yourself of this knowledge and then take the first steps in your own recovery to reverse this Dwindling Spiral of Disease.

And there'll be no whining or sniveling while you're about it. J

You can do it if you truly want to. You really can.

I believe in you. Won't you?

Yours in Knowledge, Health and Freedom,

Doc Shillington

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