



# *Getting Well Naturally™*

A Private Healthcare Membership Association

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## CONCEPTS TO CONSIDER FOR RECLAIMING AND MAINTAINING HEALTH

1. We are a 3 part-being and each part does affect health. We are a spirit, with a soul, living in a body.
  - Symptoms and disease states can originate from nutritional deficiencies
  - Symptoms and disease states can originate from toxins
  - Symptoms and disease states can originate from pathogens
  - Symptoms and disease states can originate from medications
  - Symptoms and disease states can originate from not forgiving and bitterness
  - Symptoms and disease states can originate from excessive stress and worry
  - Symptoms and disease states can originate from structural mis-alignments
  - Symptoms and disease states can originate from radiation (mammograms, etc)
  - Symptoms and disease states can originate from lack of exercise and bad diet
  
2. Even if you eat well, our foods do not have the levels of nutrition our bodies need to maintain health. Sometimes we have to take therapeutic levels before reducing to maintenance levels. Also many times once an herb has completed its medicinal purpose it is no longer needed.
  
3. The body has its own priorities and therefore there are 3 main levels of health. They are:
  1. To survive – however it can even go to the point of sacrificing wellness
  2. To keep organs and systems functional – which can mean the use of medications
  3. To regenerate and rebuild tissue – which only organic foods can provideYou are currently moving toward one of these levels.
  
4. The 3 main causes of symptoms and sickness are:
  - Nutritional deficiencies
  - Toxins
  - PathogensWhen tissue, organs, and systems are weak due to nutritional deficiencies and toxins; our bodies become susceptible to the ongoing exposure of pathogens (viruses, bacteria, parasites, and yeast/fungus). Additionally, other symptoms can arise from stress and other imbalances.
  
5. It has been said that it takes one month to overcome each year of having a health condition. Although not an exact statement, realize that some things take time and that the body has a set of priorities and heals itself at its own rate.
  
6. Even when healthy people went on a gluten free diet, their health improved. Seventy percent of your immune system is in the mucosal lining of your intestines.
  
7. With God all things are possible, whether it manifests naturally or supernaturally. (Matthew 19:26) He made foods and herbs for our medicinal use. And He gives us strategies for healing.