

## Symptom And Disease Confusion – Dr. Robert O. Young

In this very revealing and thought-provoking presentation, Dr. Young helps us to take a clear-eyed look at how illogical current medical thinking is about diagnosis of symptoms, naming diseases, and then prescribing drug treatments. If you want to know the real "CAUSE" of some common dis-ease and disease conditions, read on!

"Disease or should we say Dis-ease names like cancer, diabetes and osteoporosis are misleading and misinform patients about dis-ease prevention.

There is a curious tendency in conventional medicine to name a set of symptoms a disease. I was recently at a compounding pharmacy having my bone mineral density measured to update my health stats. I spotted a poster touting a new drug for osteoporosis. It was written by a drug company and it said exactly this: 'Osteoporosis is a disease that causes weak and fragile bones.' Then, the poster went on to say that you need a particular drug to counteract this 'disease.'

Yet the language is all backwards. Osteoporosis isn't a disease that causes weak bones, osteoporosis is the name given to a diagnosis of weak bones. In other words, the weak bones are the result of excess acidity, and then the diagnosis of osteoporosis followed.

The drug poster makes it sound like osteoporosis strikes first, and then you get weak bones. The cause and effect is all backwards. And that's how drug companies want people to think about diseases and symptoms: first you 'get' the dis-ease, and then you are 'diagnosed' just in time to take a new drug for the rest of your life.

But it's all an illusion. There is no such disease as osteoporosis. It's just a made-up name given to a pattern of symptoms that indicates you are over-acid which causes your bones to become fragile.

As another example, when a person follows an unhealthy lifestyle that results in a symptom such as high blood pressure, that symptom is actually being assumed to be a disease all by itself and it will be given a disease name. What disease? The dis-ease is, of course, 'hypertension' or 'high blood pressure.' Doctors throw this phrase around as if it were an actual dis-ease and not merely descriptive of patient physiology.

This may all seem silly, right? But there's actually a very important point to all this.

When we look at symptoms and give them disease names, we automatically distort the selection of available treatments for such a dis-ease. If the dis-ease is, by itself, hypercholesterolemia or high cholesterol, then the cure for the dis-ease must be nothing other than lowering the high cholesterol. And that's how we end up with all these pharmaceuticals treating high cholesterol in order to 'prevent' this dis-ease and lower the levels of LDL cholesterol in the human patient.

By lowering only the cholesterol, the doctor can rest assured that he is, in fact, treating this 'disease,' since the definition of this 'disease' is hypercholesterolemia or high cholesterol and nothing else.

But there is a fatal flaw in this approach to disease treatment: the symptom is not the cause of the dis-ease. There is another cause, and this deeper cause is routinely ignored by conventional medicine, doctors, drug companies, and even patients.

Let's take a closer look at hypertension or high blood pressure. What actually causes high blood pressure? Many doctors would say high blood pressure is caused by a specific, measurable

interaction between circulating chemicals in the human body. Thus, the ill-behaved chemical compounds are the cause of the high blood pressure, and therefore the solution is to regulate these chemicals. That's exactly what pharmaceuticals do -- they attempt to manipulate the chemicals in the body to adjust the symptoms of high blood pressure. Thus, they only treat the symptoms, not the root cause.

Or take a look at high cholesterol. The conventional medicine approach says that high cholesterol is caused by a chemical imbalance in the liver, which is the organ that produces cholesterol. Thus the treatment for high cholesterol is a prescription drug that inhibits the liver's production of cholesterol (statin drugs). Upon taking these drugs, the high cholesterol (the 'disease') is regulated, but what was causing the liver to overproduce cholesterol in the first place? That causative factor remains ignored.

The root cause of high cholesterol, as it turns out, is primarily an over acidic lifestyle and diet. A person lives an acidic life or who eats foods that are acidic will inevitably cause the body to go into preservation mode and produce more cholesterol to neutralize the excess acid thus showing the symptoms of this so-called dis-ease of high cholesterol. Its simple cause and effect. Eat the wrong foods and don't exercise, and you'll produce too much acid which will cause the body to release cholesterol from the liver to bind up that acid which can be detected and diagnosed by conventional medical procedures. You see it is not the cholesterol that is bad it is the acid producing food we eat and the lack of exercise that is bad. Reduce the acid producing foods like beef, chicken, pork, dairy, coffee, tea, soda pops, etc., and start exercising every day and you will reduce the protective cholesterol that is saving your life from acids that are not being eliminated from an acidic lifestyle and diet.

Yet the root cause of all this is actually poor lifestyle and food choice, not some bizarre behavior by the liver. If the disease were to be accurately named, then, it would be called Acidic Lifestyle and Food Choice Dis-Ease, or simply ALFCD.

ALFCD would be a far more accurate name that would make sense to people. If it's an acidic lifestyle and foods choice dis-ease, then it seems that the obvious solution to the dis-ease would be to choose a lifestyle and foods that aren't so acidic. Of course that may be a bit of simplification since you have to distinguish between healthy alkaline lifestyles and foods and unhealthy acidic lifestyle and foods. But at least the name ALFCD gives clients or patients a better idea of what's actually going on rather than naming the dis-ease after a symptom, such as high cholesterol. You see, the symptom is not the dis-ease, but conventional medicine insists on calling the symptom the dis-ease because that way it can treat the symptom and claim success without actually addressing the underlying cause, which remains a mystery to modern medicine.

But let's move on to some other dis-eases so you get a clearer picture of how this actually works. Another dis-ease that's caused by poor lifestyle and acidic food choice is diabetes. Type 2 diabetes is the natural physiological and metabolic result of a person consuming refined carbohydrates and added sugars in large quantities, undigested proteins from beef, chicken, and pork without engaging in regular physical exercise that would compensate for such dietary practices.

The name 'diabetes' is meaningless to the average person. The disease should be called Excessive Acid Dis-Ease, or EAD. If it were called Excessive Acid Dis-ease, the solution to it would be rather apparent; simply eat less sugar, eliminate all animal proteins, eggs, dairy, drink fewer soft drinks, exercise and so on. But of course that would be far too simple for the medical community, so the dis-ease must be given a complex name such as diabetes that puts its solution out of reach of the average patient.

Another dis-ease that is named after its symptom is cancer. In fact, to this day, most doctors and many patients still believe that cancer is a physical thing: a tumor. In reality, a tumor is the solution of cancer,

not its cause. A tumor is simply a physical manifestation of bound up acidic cells so they do not spoil other healthy cells. The tumor is the solution to cells damaged by acids not the problem. The truth is cancer is not a cell but an acidic liquid. When a person 'has cancer,' what they really have is cancerous tissues or latent tissue acidosis. They are absorbing their own acidic urine. It would be a far better named for the dis-ease: Cancerous Tissue Dis-Ease(CTD) or Latent Tissue Acidosis or LTA.

If cancer were actually called Latent Tissue Acidosis, it would seem ridiculous to try to cure cancer by cutting out tumors through surgery and by destroying the immune system with chemotherapy. And yet these are precisely the most popular treatments for cancer offered by conventional medicine. These treatments do absolutely nothing to support the patient's immune system and prevent the build up of acids in the tissues. That's exactly why most people who undergo chemotherapy or the removal of tumors through surgical procedures end up with yet more cancer a few months or a few years later. It's also another reason why survival rates of cancer have barely budged over the last twenty years. (In other words, conventional medicine's treatments for cancer simply don't work.) The main reason is current medical science wrongly perceives cancer as a cell when in reality cancer is an acidic liquid, like lactic acid.

This whole situation stems from the fact that the dis-ease is misnamed. It isn't cancer, it isn't a tumor and it certainly isn't a dis-ease caused by having too strong of an immune system that needs to be destroyed through chemotherapy. It is simply latent tissue acidosis. And if it were called latent tissue acidosis dis-ease or urine in the tissues dis-ease, the effective treatment for cancer would be apparent.

The kidneys are responsible for eliminating acids out of the blood and recycling alkalinity back into the blood. When we have an over-acidic lifestyle and diet this puts stress on the kidneys which can cause them to breakdown. The result is kidney dis-ease caused by circulatory acids. If acids are not eliminated out of the blood they will then be thrown out into the tissues leading to latent tissue acidosis and eventual cancerous tissue. Medical science uses dialysis to purify the blood from acidity and prevent latent tissue acidosis. If one will stop their acidic lifestyle and diet and begin to alkalize the blood and tissues this will support the kidneys and prevent kidney disease and the need for dialysis.

There are many other dis-eases that are given misleading names by western medicine. But if you look around the world and take a look at how dis-eases are named elsewhere, you will find many countries have dis-ease names that actually make sense.

For example, in Chinese medicine, Alzheimer's dis-ease is given a name that means, when translated, 'feeble mind disease.' In Chinese medicine, the name of the dis-ease more accurately describes the actual cause of the dis-ease which is caused by acids or urine on the brain, whereas in western medicine, the name of the dis-ease seems to be intended to obscure the root cause of the dis-ease, thereby making all dis-eases sound far more complex and mysterious than they really are.

This is one way in which doctors and practitioners of western medicine keep medical treatments out of the reach of the average citizen. Because, by God, they sure don't want people thinking for themselves about the causes of dis-ease! By creating a whole new vocabulary for medical conditions, they can speak their own secret language and make sure that people who aren't schooled in medicine don't understand what they're saying. That's a shame, because the treatments and cures for virtually all chronic dis-eases are actually quite simple and can be described in plain language, such as making different alkaline food choices, getting more natural sunlight, drinking more alkaline water, engaging in regular physical exercise, avoiding specific acidic foods, supplementing our diet with green foods and green drinks and alkalizing nutritional supplements and so on.

See, western medicine prefers to describe dis-eases in terms of chemistry. When you're depressed, you aren't suffering from a lack of natural sunlight; you are suffering from a 'brain chemistry imbalance' that can only be regulated, they claim, by ingesting toxic chemicals to alter your brain chemistry. When your bones are brittle, it's not acidic brittle bones dis-ease; it's called osteoporosis, something that sounds very technical and complicated. And to treat it, western doctors and physicians will give you prescriptions for expensive drugs that somehow claim to make your bones less brittle. But in fact, the real treatment for this can be described in plain language once again: regular physical exercise, vitamin D supplementation, mineral supplements that include calcium and strontium, natural sunlight, and avoidance of acidic foods such as soft drinks, white flour and added sugars.

In fact, virtually every dis-ease that's prominent in modern society -- diabetes, cancer, heart disease, osteoporosis, clinical depression, irritable bowel syndrome and so on -- can be easily described in plain language without using complex terms at all. These dis-eases are simply misnamed. And I believe that they are intentionally misnamed to put the jargon out of reach of everyday citizens. As a result, there's a great deal of arrogance in the language of western medicine, and this arrogance furthers the language of separation. Separation never results in healing. In order to effect healing, we must bring together the language of healers and patients using plain language that real people understand and that real people can act upon.

We need to start describing dis-eases in terms of their root causes, not in terms of their arcane, biochemical actions. When someone suffers from seasonal affective disorder or clinical depression, for example, let's call it what it is: Sunlight Deficiency Disorder. To treat it, the person simply needs to get more sunlight. This isn't rocket science, it's not complex, and it doesn't require a prescription.

If someone is suffering from osteoporosis, let's get realistic about the words we use to describe the condition: it's really Acidic Bones Dis-ease. And it should be treated with things that will enhance bone density, such as nutrition, physical exercise and avoidance of acidic foods and drinks that strip away bone mass from the human body to neutralize the excess acids in the blood and tissues.

All of this information, of course, is rather shocking to old-school doctors and practitioners of western medicine, and the bigger their egos are, the more they hate the idea of naming dis-eases in plain language that patients can actually comprehend. That's because if the simple truths about dis-eases and their causes were known, health would be more readily available to everyday people, and that would lessen the importance of physicians and medical researchers.

There's a great deal of ego invested in the medical community, and they sure don't want to make sound health attainable to the average person without their expert advice. Many Doctors want to serve as the translators of 'truth' and will balk at any attempts to educate the public to either practice medicine on their own.

But in reality, health (and a connection with spirit) is attainable by every single person. Health is easy, it is straightforward, it is direct and, for the most part, it is available free of charge. A personal connection with our Creator is the same if we ask humbly in prayer for a relationship with Him, and guidance. Don't believe the names of dis-eases given to you by your doctor. Those names are designed to obscure, not to inform. They are designed to separate you from self-healing, not to put you in touch with your own inner healer. And thus, they are nothing more than bad medicine masquerading as modern medical practice."