

# Can the Body Heal Itself?

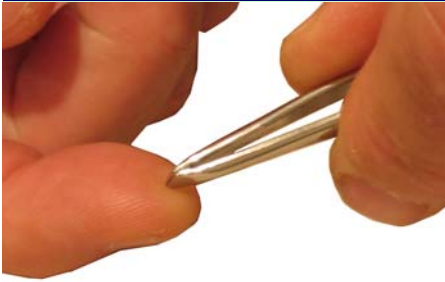
Basic Concepts

If you cut your finger your body can heal the cut without band aids or antibiotics. Your body has within it an inborn ability to heal itself; in fact all living things have the ability to heal themselves naturally. You are a self-healing organism. If your body has the ability to heal itself, why doesn't it? The answer sometimes is we don't give our body enough time to heal on its own or the actual cause of the problem is still present and interfering with the healing process.



## Can the healing process be interfered with?

Nature needs no help to heal,  
just no interference



Suppose again that you cut your finger but neglected to discover a wood splinter or sliver in the wound. Would the cut heal? No, it would become red, hot, swollen, and infected. The splinter would interfere with the healing process. Would the best course of action at this point be to take an antibiotic to treat the infection? Or would it make more sense to remove the splinter? Would the cut now heal on its own if you removed the interference? Let's think about it for a moment. If the body is a self-healing organism, wouldn't it make more sense to look for the cause of interference and remove it than to put more interference (chemical stress/medication) into the body?

## Is treating the symptoms the same as healing?

Most people are so focused on their symptoms that they often neglect to address the cause of their discomfort. When the cause is obvious, people often make the right decision. For example, if you had a pebble in your shoe and it was bothering you, you wouldn't take a pain killer or an anti-inflammatory to cover the discomfort. You would recognize it was the pebble and you would take a moment to remove it from your shoe. Suppose, however, that you took the medicines simply to treat the symptoms and did not remove the pebble. You would merely be more comfortable while the damage to your foot continued to grow worse and worse. Often that is what medicines do, make you more comfortable as your health continues to decline. Until the cause is removed, true healing cannot take place.

## Finding the cause of the interference



Most patients who develop health challenges search for a pill or a potion to relieve their discomfort instead of locating the cause of the problem and removing the cause. By removing the actual cause it allows our body an opportunity to heal naturally. For example, infections are not a lack of antibiotics in our bloodstream; they are often caused by a suppressed immune system. Why does your immune system become suppressed? Poor diet, no exercise, stress, or possibly nerve interference. If the body is a self-healing organism, why take medicine?

Why not find out what is interfering with your body's ability to heal itself and remove the interference?

The next time you encounter a health challenge just stop for a moment and think about what might have caused the problem, not just how to cover up the symptoms. Remember, **healthy people don't get "sick", only unhealthy people get sick.**

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**The Human Body is a Self-Healing Organism**