

Five Principle Causes of Illness

by Simon Yu, M.D.

Illness develops because one's immune system is weakened. This is indisputable yet often not acknowledged. Alternative medicine, also referred to as complementary medicine or integrative medicine, is based upon this premise. The disease itself represents a "red flag" that a person has sustained immune system deterioration for some time. To eliminate illness, the immune network needs to be strengthened. Alternative medicine equips the body with tools to restore its own immune system.

Though "Five Principle Causes of Weakened Immune Systems" more accurately describes this article--it doesn't have the same allure as the word "Illness." No one wants to be sick, but where does disease really begin?

A single vulnerable link in the immune system can create favorable conditions for a vast range of illnesses. More often, many factors bombard the immune system over time. While symptoms are not immediately apparent, the progressive weakening of the immune system can lead to chronic illness that is not attributed to one specific cause. Unlike most conventional disciplines, alternative medicine examines the *whole* person as a means to uncover informational clues necessary for proper therapy.

Five principle causes of immune system deterioration are: Heavy Metal Toxicity, Parasites, Food Allergies, Poor Diet and Nutrition, and Dental Problems. This article is the first of a series that will address immune system weakeners individually.

Heavy metal toxicity, among the most overlooked medical problems in this century, stems from air pollution, water pollution, and pesticides and insecticides found in food. Dental amalgams, or silver-mercury fillings, are another primary source of heavy metal toxicity.

Mercury, a major neuro-toxic substance found in silver-mercury fillings, is one of the most widespread forms of heavy metal toxicity. The effects of mercury toxicity are subtle and cumulative. Other common heavy metal toxicities are lead, aluminum, cadmium, nickel, tin, copper, and arsenic.

Heavy metal toxicities have been associated with chronic fatigue, fibromyalgia, ADD/ADHD, autism, thyroid problems, depression, insomnia, anxiety, excessive salivation, ringing in the ears, neuropathy, osteoporosis, memory loss, irritability, moodiness, headaches, intestinal problems, muscle weakness, unexplainable cardiovascular problems, and many other "illnesses."

Alternative medicine views these conditions (routinely labeled illnesses) to actually be a collection of symptoms that can be eliminated through proper nutrition, detoxification, drainage remedies and appropriate chelation therapy for specific heavy metal exposures.

Tissue hair mineral analysis is a simple and non-invasive means to measure heavy metal toxicity. Chelating agents can also be used to uncover hidden heavy metal toxicity.

With the long-term goal of good health, rather than mere elimination of illness, nutrition therapy and chelation treatments provide a gradual and rewarding recovery from heavy metal toxicity.

A state of chronic unwellness marked by multiple vague complaints often doesn't fit into a standard medical classification. If your doctor reports that everything is fine--but you still feel lousy--you may want to consult an alternative medicine practitioner to investigate the five causes of weakened immune

systems: Heavy Metal Toxicity, Parasites, Food Allergies, Poor Diet and Nutrition, and Dental problems.

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