

Drainage and Cleansing

Why Don't Problems Just Go Away, FOREVER?

By Dr. Derek Lee

Dear Friend:

Why do problems become chronic? Good question. But more importantly, how do you get rid of health problems you've had for years? Find out now!

Have you ever wondered, "Why the neck doesn't this hip pain go away? I've had it for 5 years now!" Or maybe, "Why can't I get rid of these miserable allergies? Spring would be something to look forward to if I could breathe and sleep a little easier." Or maybe, "Why am I so darn tired all the time. I get tired walking from the couch to the bathroom!"

People get into these chronic situations because these symptoms are actually signs of much **deeper problems** occurring in their body. More on this later.

First, why do some conditions become chronic while others heal completely?

Well I've been trying to figure this out for a long time. Oh, they taught us at school that problems become chronic because of wear and tear on the joints, prolonged muscle weakness or maybe too much scar tissue formation.

Now this does seem to be the case for a certain type of problem or individual but doesn't fit for everyone.

For example, I have treated hundreds of back pain cases. I know that 85% to 90% of these cases will resolve after a certain number of treatments. But there is always a small percentage that either doesn't improve or becomes chronic. Why? Good question.

Let's look at another example. Why do sinus conditions become chronic? Is there some reason why all of a sudden allergies start and then keep going year after year?

Yes, there is!

This is how I look at it. When a person is in **absolute perfect health**, they are pretty much **invulnerable**. You must know someone who never gets tired, never gets sick and exercises regularly to boot? I think we all do. Annoying isn't he?

The point I'm trying to make is that when the human organism is functioning at its highest level, it is very difficult to get sick or sustain a lasting injury. Why? Because that person has all the resources necessary to heal herself and does. Their body responds to the challenge. Their immune system takes a huge leap to fight off infection. Oh, they may get a cold or flu, but it will only last a day. This type of person has tons of energy to burn and has the resources to heal quickly and completely!

When you are in perfect health, you're like a tank. Everything just bounces off of your armor plating. Viruses bounce off, bacteria bounce off and any muscle or joint injury is repaired right away. It's true! I see it everyday in my practice!

Ever wonder why some people bounce back to health like a yo-yo while some people

spend their whole day just trying to survive? I'll tell you why later. But here's a little clue:

ALL CHRONICALLY ILL PEOPLE HAVE ONE THING IN COMMON,

(You could be 4 years old, asthmatic with chronic ear infections, or 60 years old with adult onset diabetes, a quadruple bypass and an enlarged prostate.)

YOU'VE GOT TOO MUCH GARBAGE IN YOUR SYSTEM!!!!

Most of us are not TANKS. (No kidding!) The reason people get sick or have symptoms chronically is that their body is not able to function at a high enough level to heal properly or completely. As a result, the problem never quite heals to 100% and won't be able to because the body does not have the resources to do it.

Therefore, if your level of health is 75% then you can't expect your condition to heal to 75%. This is why some problems will just plateau and never improve.

How does your health diminish?

Well there are numerous reasons but this is what I believe.

Your health can be affected negatively by 5 general means:

1. Stress
2. Poor Nutrition
3. Prolonged exposure to medications / pesticides / insecticides.
4. Overtaxed immune system, caused by repeated vaccinations or anti-biotic use.
5. Accumulation of toxins due to reduced liver and kidney function.

Let's use an example. If you are under a lot of stress, this will take its toll on your body. Stress will increase your adrenaline levels and other metabolic processes. Since your body is shifting its energy reserves to deal with stress, other area will pay the price. You will become tired easily, your sleep will be restless and your immune system will suffer. You may catch more colds, your allergies or your skin problems may return and you may experience prolonged constipation or diarrhea or maybe both.

If you are under prolonged stress, these problems will get worse and other systems will become affected. You may have insomnia, chronic fatigue, irritable bowels, migraine headaches, urinary tract infections and multiple joint aches and pains. Ouch!

Now, this is an example. Most of my patients recover very quickly. But as I mentioned before, there is always a certain number that do not. These individuals almost always have other things going on much deeper!

It's actually kind of funny, but also sad sometimes when I talk to patients with chronic or persisting problems. I know in my gut that there is a deeper problem going on but often it's like pulling teeth trying to get more information.

For instance they forget to tell me they've had:

- chronic urinary tract infections and been on repeated antibiotic therapy for 5 years. People do not realize that antibiotics kill not just bad bacteria but all

bacteria including the good bacteria your body needs in your digestive tract. Once the good bacteria in your intestine is dead, the bad, often drug-resistant bacteria takes its place and you will have chronic problems in the future. It's okay to take antibiotics, you just have to replace the bacteria that has been wiped out with good bacteria.

- no digestive tract problems except they can't have fatty foods because it gives them diarrhea and gas and they have about 5 different food allergies. This is usually due to too much bad bacteria in the digestive tract.
- asthma for 7 years but they're healthy because the steroid puffers control it fine, thank-you very much.
- high blood pressure and high cholesterol but it's okay because they're M.D. has the same problem and is taking the same medication to control it. (I hear this a lot. How about actually fixing the problem instead of turning you into a long term drug user? Sorry, just getting a little bit ...ah...irritated. I have a problem with medications because they often artificially stabilize certain body functions without fixing it and often lead to long term toxin accumulation and liver and kidney damage. Don't get me wrong, I refer to M.D.'s and they refer to me. But there's a better way.)

These are all signs or symptoms of much deeper systemic problems!

As your body is assaulted by more negative stimuli your liver and kidneys become less efficient at removing the accumulating waste products or toxins your body normally produces by living. Over time, these toxins accumulate in various tissues.

Different people manifest differently when these toxins accumulate. Some will have toxins settling into their respiratory system; (e.g.) asthma, sinusitis and allergies. Others will have psoriasis, eczema and various skin disorders. Still others will have arteriosclerosis and heart disease. It just depends. (see last page!)

Therefore, the more toxins or pollutants that accumulate, the sicker you become. Fatigue becomes much more of a factor as you become tired all the time and sleep is no longer restful. Your body is using its energy reserves to eliminate these toxins so you become chronically tired. Since all your energy is going in to just surviving the day, how can you possibly expect to start trying to heal. You just have nothing left.

Eventually, this leads to very dangerous problems as more organs and systems become involved.

How do you get your health back to 100%?

Well, it's a lot easier than you think.

Step #1: Always get the liver and kidneys healthy first!

The first order of business is always to increase your liver and kidney function. Don't forget these are the 2 major organs that clean your blood. If I start opening your tissues and end up releasing years of accumulated toxins into your blood stream too quickly, then your liver and kidneys may have a tough time keeping up. So, I always increase the efficiency of these 2 organs first. Once we get these organs healthy, we're well on the way to health. As a matter of fact, some patients just need this first step in order to get to 100% health!

Step #2: Remove those accumulated toxins (garbage!) out of your tissues!

Next we open up your tissues so all that garbage can actually get out. For example, if you have a lot of joint pain, half the battle is allowing your body to drain the inflammation and debris out of that joint. Once that is done, you can start healing

properly. But in many cases, this just does not happen. Why? Because your body is not working at a high enough level to get all that garbage out of the joint. Toxins remain in the tissues, (joints and muscles), accumulate and result in chronic joint pain and arthritis I find that if the person is fairly healthy, all they need are steps 1 & 2 to get them pretty darn close to 100%. If the persons health is poor, they may require a more site-specific drainer to do the job completely. But if the person is suffering from chronic fatigue, it is often necessary to add an energy tonic because this process does take energy. If you don't have the energy reserves to fight and heal, I can give it to you.

Step #3: Dysbiosis Therapy

Huh? Well, for those people experiencing chronic problems that don't go away or don't heal (see page 7) this step is an absolute must! These individuals have a massive disturbance within their digestive system. The normal healthy bacteria in their intestinal tract has been destroyed and replaced with bad bacteria. Now this sets up a tremendous imbalance in the organ responsible for digestion, of course ... but also for a huge number of other metabolic processes. It adds a ton of garbage to your system. Imagine if your digestive system was only working at 90%. No big deal? Imagine if it's working at 90% for say, 6 months. 1 year. 5 years. 25 years. Get the message? Just like RRSP's, it makes a big difference over the long haul! Now imagine if it's only working at 70%. Even worse, eh? I don't care if you're Superman...you'll feel it sooner or later. I see it all the time. Okay, this step involves wiping out the destructive bacteria in your gut and replacing it with the normal helpful bacteria that should have been there in the first place. Once you do this, balance is restored to your digestive system and your body can start to heal. The last part to this dysbiosis therapy is a DIET. The good news is you can eat as much quantity as you want. The bad news is you have to eliminate a lot of the junk from your diet. The tasty junk. This step must last from 4 - 8 weeks depending on the person. Mind you, everyone should go on this just to clean their system out. You will FEEL the difference, and you'll be much better off because of it

Step #4: Nutritional Support

Basically you are what you eat. After completing steps 1 - 3, your body can actually use what it ingests. Vitamin and mineral supplements will also help tremendously at this time.

Step #5: Tissue and Organ Regeneration

During this stage we regenerate the damaged tissue in your body. I don't care if there is nerve damage or athletes foot, you are going to see a heck of an improvement!

That's basically all there is to it folks. It works. It does not damage your body. It just cleans out your system so you can start to heal.

Most patients ask me if it will interact with their medications. The answer is NO! It will actually protect your body from prolonged drug use. It doesn't matter if you're taking puffers for asthma or chemotherapy for cancer.

Doesn't this feel right to you? It does to almost everyone I talk to.

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