Healing from Disease, Depression, and Damaged Relationships





THE LAW OF *Life*



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INTRODUCTION

Do you desire to be healthy? Do you desire to have beneficial and lasting relationships? Do you long to be free from the baggage of your past and the resentment, guilt, and shame that it brings? Do you wish to break free from the negative thoughts that have plagued you for so long? Do you desire to have power in your life to unshackle yourself from those habits that have held you in chains?

If this is your desire, this book is for you. In this book, we are going to explore together The Law of Life. The Law of Life, applied in your life and functioning in your heart, can bring you a power and freedom that you always searched for but never found. It is liberating in concept but challenging in application. It calls for everything you have but offers what you don't. It is comprehensive but easily understood. It is simple but profound.

This book was not written in the typical style of a book, because it is, in reality, a transcript of a lecture series. As I developed this lecture series and it began to grow, audiences asked me for notes so that they could study further into the topics that I was presenting. At first, the notes were only a few pages long. But within a year, they filled 25 pages of letter-sized paper, wide margin, single-spaced.

It was at that point that I decided it would be better to turn the notes into a small booklet to accompany the lectures. Over the last few years, the booklet has continued to grow, but has remained in the transcript format. The illustrations are taken directly from my PowerPoint slides so that you can have a visual reference as you read about a topic.

If you would like to view the actual lecture series, there are several iterations of The Law of Life series on Uchee Pines Institute's

YouTube channel. These can be accessed at the following link: https://www.youtube.com/UcheePinesInstitute

I recommend reading the book through at least 6-10 times. Each time you read it, you will catch new information that you missed previously, and principles and concepts will come together in your mind in new ways.

May you find the freedom and power that you are looking for as you diligently read, study, and apply the principles of The Law of Life in your own life.

CHAPTER ONE

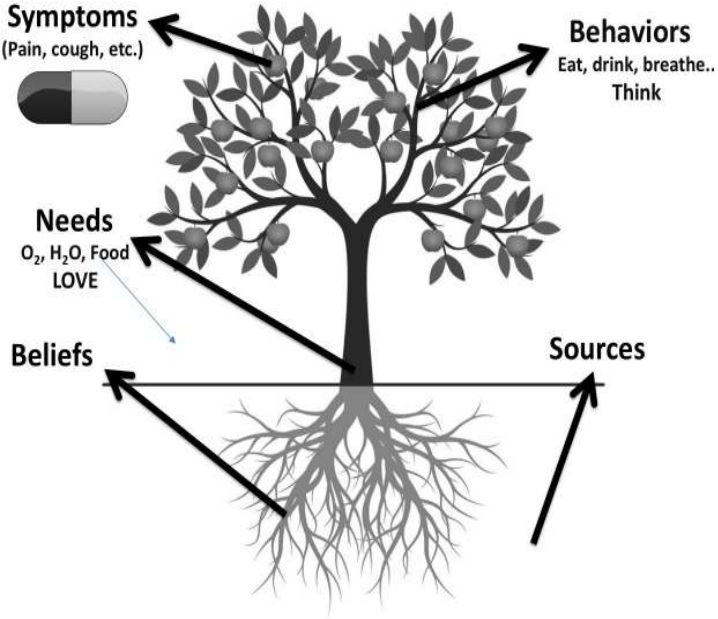
Understanding the Cause of Disease

Treating the Cause

In this series, we want to talk about treating the cause of disease, not just its symptoms. But in order to treat the cause, we must know what the cause is. What is the cause of disease? What is the cause of cancer? What is the cause of diabetes? What is the cause of coronary artery disease? What is the cause of auto-immune diseases?

Don't feel bad if you don't have an answer to these questions. If you were to go to your doctor and ask them, "What is the cause of my disease?" they will give you a list of risk factors that are known to be associated with your disease condition. But if you keep asking them what the foundational cause of your disease is—that thing that would allow you to recover if it were removed—they would not be able to tell you. They don't know.

But if you don't know the cause, how can you successfully treat and remove it? This is why I am interested in causes.



Of Trees and Men

There are many similarities between people and plants. And when it comes to health, we can better understand ourselves and how we gain and maintain health by comparing ourselves with trees.

Imagine that you have a fruit tree, and it is fruit season. What are some of the first things that you notice about the tree? The fruit and the leaves and the shape of the tree? In this analogy, the fruit and the leaves represent our symptoms. These are the obvious things we notice and complain about, like pain, coughing, itching, etc.

If you have a tree that has some bad fruit and bad leaves, does it solve the problem to pluck off the bad fruit and leaves? No. Plucking off the bad fruit and bad leaves only removes the evidence of the problem, but it doesn't solve the problem. If you have pain in your back and you go to your doctor and your doctor gives you a pill to decrease the pain, you feel better. But the pain is still there. So, you go to doctor number 2 and 3, and get more pills. Eventually, you don't have any more pain. Your problem is solved, right? No. You

have only removed the manifestation of the problem, but not the problem itself.

Let us assume that you go to a fourth doctor, and this doctor does an examination and finds that you have a knife stuck in your back! Did the pain pills remove the cause? No. They only masked its manifestation. This is like having your house on fire and solving the problem by turning off the fire alarm. Treating the symptoms will not fix the problem, it will only limit its manifestation.

I don't want you to think that symptom care is never appropriate. If I break a bone or cut off a finger, please give me something to deal with the pain! But don't just treat the pain. Fix the problem as well.

Why does it not fix the problem to pluck off the bad fruit and bad leaves? It is because the fruit and leaves do not support themselves. They are supported by the branches, and the branches represent our behaviors or actions. These actions or behaviors are simple things like breathing, eating, drinking, exposing, sleeping, etc.

If the tree has healthy branches, they will support healthy leaves and fruit. But if the tree has unhealthy branches, they will promote diseased fruit and leaves. Similarly, if your behaviors are good, they will support good symptoms, but if your behaviors are bad, they will promote bad symptoms.

If the tree has unhealthy branches, will it help the problem to prune the branches? Yes, it will. It can decrease the disease burden. But it doesn't solve the problem, because the problem is ultimately not in the branches, because the branches don't support themselves. They are supported by the trunk, and the trunk represents our needs.

You need what you need because you are what you are. We, as human beings, need oxygen, water, food, sunlight, warmth, rest, etc. You and I can't change what we need, because those needs are determined by what we are. Trees have different needs than reptiles, which have different needs than birds, which have different needs

than humans. And what we need and how much of it we need is determined by what we are.

What you need is internal—it is determined by what you are. But the source of what you need is external—it lies outside of you and must be brought in from the outside and incorporated into yourself. You need oxygen, but the oxygen you need is outside of yourself and must be brought in for you to live. You need water, but the water you need is outside of yourself and must be brought in for you to live. You need food, but the food you need is outside of yourself and must be brought in for you to live.

Everything you need, which is determined by what you are, must be actively brought in to you from the outside. And your behaviors (breathing, drinking, eating, etc.) are the actions that bring in to you what you need from outside.

If your behaviors match your needs, you will promote good symptoms, just as branches that correctly transport the sap from the trunk promote healthy leaves and fruit. But if your behaviors do not match your needs, then you will promote bad symptoms, just as branches that do not correctly transport the sap from the trunk will promote diseased leaves and fruit.

For example, you need a certain amount of water daily to remain properly hydrated. If you drink enough water to remain properly hydrated, that will promote good symptoms. But if don't drink enough water, if your actions do not match your needs, you will end up with symptoms of headache, fatigue, dry lips, constipation, etc.

If you have diseased fruit and leaves on your tree, I don't know of anything that you can do to the trunk of the tree to fix the problem. You can cut if off, but otherwise, there is little that you can do with the trunk. To really get to the problem, you need to go underground. Why? Because the trunk doesn't support itself. It is supported by the roots, and the roots represent our beliefs.

So far, we have been dealing with aspects that are obvious (above the ground). Symptoms are obvious. Behaviors are obvious. Needs are fairly obvious. But beliefs? To know what someone believes you need to dig a bit. But, although you need to dig a bit, be sure that the roots affect the health of the branches. You do what you do because you believe what you believe.

If your beliefs about what you need match with your actual needs, then your behaviors will match your needs as well, and this will promote healthy fruit and leaves. But if your beliefs about what you need do not match with your actual needs, this will promote diseased fruit and leaves.

For example, let us imagine that you believe you *need* Coca Cola. If you believe you need Coca Cola, you will drink Coca Cola. But do you actually need Coca Cola? No! If you supply something that you don't need, or if you don't supply what you do need, this will promote diseased fruit and leaves—bad symptoms. It is only as you believe correctly about what you need so that you behave correctly in supplying what you need that you can expect healthy fruit and leaves, or good symptoms.

But yet, there is something missing. You see, when the tree has bad fruit and bad leaves, it is rarely the tree that is the problem. There is not a lot of surgery that an arborist does to the roots of the tree if the tree is struggling. Sure, if it is root-bound, the roots can be separated and spread out. But there isn't a lot to do with the roots. What does the arborist fix if the tree has a problem? They fix the soil! You see, the problem is not so much in the tree as it is in the soil. And the soil represents our sources.

If you believe that you need water and you drink water, but the water you drink is polluted, that will still promote diseased fruit and leaves. But, if you believe that you need water and you drink enough pure water, that will promote healthy leaves and fruit—good symptoms.

So, healthy fruit and leaves are the product of good sources, beliefs that match with one's needs, and behaviors that correctly supply those needs. When all of these are working together, one can expect health and good symptoms.

In a human, however, there is at least one more aspect that we must consider. In a tree, the roots cannot choose what source to take from. It simply takes from that which is around it. However, a functional, adult human, can choose its source. And the choices of what sources we take from are also rooted upon our beliefs. So, not only do the beliefs determine the behaviors, but the beliefs determine the sources we take from. This will become clearer as we continue through this series. But for now, just remember: if you see bad fruit on your tree, don't pluck off the fruit. Dig in the ground to find out what is going on with the roots and the soil. That is where you will find the cause of your disease.

I have a question for you. Do you need love? Is there anyone here that does not need love? I have asked this question to thousands of people around the world, and I have not found a single person that does not need love. We all need love, just like we all need oxygen, water, food, etc.

Our need of love is determined by what we are—human beings. And the source of the love that we need is outside of ourselves, just as the source of the oxygen, water, and food that we need is outside of ourselves. And like the oxygen, water, and food, there must be an action that brings the love in to us so that we can live. And what is that action? It is thinking. Thinking is the action that brings in the love that we need to survive.

Is it possible that love is just like the other needs; that there can be a polluted or a good source; that there can be correct or false beliefs about love; and that there can be appropriate actions (thinking) that fulfill that need, or inappropriate actions that do not fulfill that need? And if the source, beliefs, or actions (thoughts) are not right, there can be diseased fruit and leaves, but if the source,

beliefs, or actions are right, there can be healthy fruit and leaves? Yes, this is the case. But we will dive into this topic further later in this book.

Pain & Disease

How many of you like pain? And how many like disease? I have a question for you. Is the function of pain and disease a good function or a bad function? Let us take leprosy for an example.

In leprosy, individuals are infected with a type of bacteria that begins affecting areas of the body which are cool, like the fingers, toes, and nose. The infection damages the nerves and eventually a person is not able to feel. Then, when something harmful happens to their hands or feet, they can't feel it, so they eventually start losing their fingers and toes because of injuries, burns, cuts, and other problems which they can't feel. If you and I put our hand on the burner, we will pull it off right away because we feel pain. They don't pull their hand off the burner until they smell the flesh burning, because they can't feel.

So, is the function of pain good? Is it good to have the capacity to feel pain? Yes! Similarly, is the function of disease good? Is it good to have the capacity to have disease? Yes. Both pain and disease let us know that something is wrong. If we didn't have that capacity, we would injure ourselves beyond repair in a very short period of time.

But as we look a little closer at disease, we need to ask ourselves a question. Does disease just come out of thin air, or is there a cause to disease? If disease has a cause, what is it? To help us come to an understanding of the cause of disease, we must begin reasoning from cause to effect, or from an effect back to the cause.

The Law of Cause and Effect (Hypertension Example)

Let us take hypertension, or high blood pressure, for our example. What is the cause of high blood pressure? We know that

when the blood vessels clamp down on the blood that is within them, the pressure of the blood (blood pressure) increases. So, vasoconstriction is the cause of high blood pressure. We've solved the problem, right? We've found the cause of high blood pressure, right?

A colleague of mine has this to say: "Causes have causes." Just because we find one cause to a problem doesn't mean we have found THE cause. Each cause we find is caused by something else, until we get to the root cause.

So, in the case of vasoconstriction, we find that it is the result of increased activity of the sympathetic nervous system, which is your fight or flight response system. It causes the heart rate to increase, the blood vessels to clamp down, and a large release of adrenaline, which all increases your blood pressure. But what is the cause of increased sympathetic nervous system stimulation?

One of the causes is increased leptin. Leptin is a hormone that is released from the fat cells in the body (predominantly the fat that is around the organs in the abdomen), and this hormone travels in the blood to a part of the brain called the hypothalamus, which has receptors in it for leptin. When there is more leptin coming to the hypothalamus, it triggers the sympathetic nervous system to increase its output. But what is the cause of increased leptin?

It is increased fat in the body, especially central fat around the organs. The fat cells primarily grow in size as one gains weight, and as the cells get bigger and bigger, it is harder for nutrients and gasses to dissolve to the center part of the cell. In defense, the cells release leptin, and the leptin causes you to feel full earlier, causes your metabolic rate to increase, and stimulates your sympathetic nervous system. Unfortunately, the early fullness signal and the increased metabolic rate die off, and what you are left with is the sympathetic stimulation. But what is the cause of increased fat?

It is a positive calorie balance. That means that you eat more calories in your food than you burn in exercise and daily life. But what is the cause of increased calories? It is an increase in calorie- dense food. Some foods have more calories in them than others. For instance, if you want 200 calories of butter, you only get one tablespoon. But if you want 200 calories of celery, you have to eat over 3 pounds of it! So, if you eat more foods that are high in fat or sugar, you will have high calorie-dense food that will give you more calories before you feel full. But what is the cause of an increase in calorie-dense foods in your diet?

It is your taste. So, what is the cause of your taste? It is developed over time by repetitive choices. In other words, it is developed by habit. But what is the cause of your habits?

It has to do with your appetites. But what is the cause of your appetite? It is the result of your human nature. But what is the cause of your human nature?

It is sin. Ultimately, if we take any disease and go through this same process of asking ourselves the question, "what is the cause of this, and what is the cause of that?" and so on, we will always come to the same conclusion: sin. If it were not for sin, there would be no disease. What I don't want you to think is that I believe that it is always your sin that causes your disease. We know with Job that he was a righteous man, and yet the enemy was permitted to torment him with a terrible disease. It was still the result of sin, though. It was the enemy's sin that caused Job's disease.

Sin & Disease

What is sin? Sin is breaking the law. John tells us, "...for sin is the transgression of the law."[1] What law is this talking about? It is God's law, also known as the 10 commandments. But what is the

[1] 1 John 3:4 KJV

foundation of God's law? The foundation of God's law is His character, which is founded on love.

Matthew tells us, "'You shall love the Lord your God with all your heart, with all your soul, and with all your mind.' This is the first and great commandment. And the second is like it: 'You shall love your neighbor as yourself.' On these two commandments hang all the Law and the Prophets."[2]

You see, the foundation of His law is love.

And we read that "The law given upon Sinai was the enunciation of the principle of love, a revelation to earth of the law of heaven."[3]

We find, then, that disease, in many cases, is the result of a love problem.

"There is a divinely appointed connection between sin and disease. No physician can practice for a month without seeing this illustrated...If he will be observing and honest, he cannot help acknowledging that sin and disease bear to each other the relationship of cause and effect."[4]

This is so true. As a practicing physician, I cannot but help see that there is a connection between people's disease and sin. It isn't so easy helping them see the relationship, however. But it helps to be able to reason from cause to effect.

The Law of Cause & Effect

We can reason from cause to effect because there is a law of cause and effect that governs the association between causes and their effects. The law of cause and effect can be simply understood. Every effect must have a cause, and every cause must produce an effect. The cause always comes before or at the time the effect is produced, and the effect always comes after or at the time of the cause. If the

[2] Matthew 22:37-40
[3] White, E. G. (1896) *Thoughts from the Mount of Blessing*. (p 46). Mountain View, CA: Pacific Press Publishing Association.
[4] White, E. G. (1923) *Counsels on Health*. (p 325). Mountain View, CA: Pacific Press Publishing Association.

effect is present, the cause or its secondary causes must also be present, because if the cause, or its secondary causes, is removed, the effect must cease.

"The will of God establishes the connection between cause and its effects. Fearful consequences are attached to the least violation of God's law. All will seek to avoid the result, but will not labor to avoid the cause which produced the effect. The cause is wrong, the effect right...."[5]

You see, the effect is never wrong. It is a natural consequence of law. It is the cause which is wrong, and which must be sought out, identified, and removed. It is pointless to deal with the effect only because the effect is not the problem, the cause is. Treating symptoms, in the long run, does no one any lasting good. We must search for the cause and remove it, then the effect will cease. The cause is wrong, the effect right.

When we consider the law of cause and effect, we find a reason why it functions the way it does. That explanation comes from one of the laws of thermodynamics. That law states that "All energy necessary for a system to function must come from outside of that system." Because of this, you cannot produce a perpetual motion machine. There is no machine that you can put in motion that will run indefinitely, generating all the power that it needs to continue to function. This is because it is always dependent upon energy from outside of itself to continue to function.

Since all energy necessary for a system to function (and all energy necessary for a system to dysfunction) must come from outside of itself, the effect cannot create itself. Because of that, the cause must be sought for from outside of the system in question. So, if someone has cancer in the left breast, one shouldn't go to the cancer in the left breast to find the cause. The energy necessary to cause the dysfunction had to come from outside of there.

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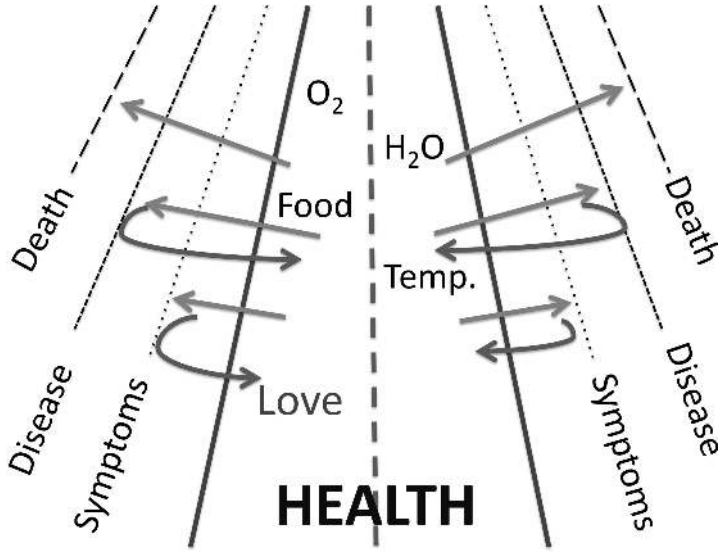
[5] White, E. G. (1864) *An Appeal to Mothers*. (p 26). Battle Creek, MI: Seventh-day Adventist Publishing Association.

Laws of Function

Now, there is a law of function as well. And that law says that everything that functions is governed by unchangeable laws. For instance, human beings have a healthy blood salt or sodium level of 135-145 mEq/dL. It doesn't matter if you are from Australia, Africa, Antarctica, or America, all human beings have a blood sodium that ranges near 135-145 if you are healthy. But if it goes too low or too high, you cannot remain healthy.

Also, blood pH for human beings is 7.35-7.45 no matter where you are on the planet. So, if you think you would be better off with an alkaline blood pH of 8.5 and you achieve your goal, you will be dead, because the law that governs the function of the blood pH level in human beings determines that health is maintained between a pH of 7.35 and 7.45. If you like it or not, if you know about it or not, it doesn't matter. The law is what the law is, and you can't change it just because you like it or don't like it.

Similarly, body temperature (oral temperature) is somewhere around 98.6°F/37°C. There is a slight variation amongst people, but no one can live with a body temperature of 50°F, and no one can live with a body temperature of 150°F. It doesn't matter if you are tall or short, skinny, or fat, black, or white or blue. The law is what the law is, and you can't change it. Functional laws do not change. If we move to the arctic, we can't just choose to live by a freezing body temperature. And if we eat lots of salt, we can't just decide to live by a higher sodium level. We function how we function because of laws that govern our function, and those laws are not subject to change.



The Highway of Health

We are talking about The Law of Life, and to begin illustrating this law, let us consider the highway of health. Imagine with me for a moment that we have a road with two ditches on either side of the road. Health is maintained if you stay on the road, but if you veer off into either ditch, you will have problems. To begin with, we must define some of the things we need to maintain health. What are some of those health needs that we have?

One is oxygen. What else? Water too. What else? Nutrients, or food, is needed as well. But what else? We also need a certain amount of warmth to be healthy.

What happens if your temperature goes up? You have a fever. And how do you feel when you have a fever? Do you feel comfortable or uncomfortable? You feel uncomfortable. You develop symptoms. Those symptoms help you to know that you are outside of the confines of the law of body temperature, and your response to these symptoms, like sweating, being flushed, moving to the shade, turning on a fan, etc. help your body to return to a

lower temperature so that you can be back in the confines of the law that governs the function of your body temperature.

But what about the opposite direction? What if your temperature goes down? You get symptoms there too. Symptoms like goose bumps and shivering. Are these symptoms comfortable, or uncomfortable? Uncomfortable. Why? To let you know that you have deviated from the law.

You see, you and I don't really care about the law. We care about how we feel. If we stay on the road, it promotes comfort, which we enjoy. If we get off the road, it is associated with discomfort, to let us know that something is wrong and that we need to do something about it. These uncomfortable symptoms are part of your attempt to return your body temperature to normal so that you can be healthy again. It is returning you to the law by which you function so that you can function properly and feel better.

What would happen if you felt the same way when your temperature went up and when it went down? For example, if your temperature goes up, you feel hot. But if your temperature goes down, you feel hot also. That would be dangerous, because you wouldn't know what to do to get back into conformity with the law of your body temperature. If your temperature was going down and you felt hot, you would do everything to make your temperature go down faster, and you would quickly die. It is a good thing that it "hurts" differently when you deviate from the law one way than it does when you deviate from the law the other way. Because of this, you know what to do to get your temperature back to normal.

But what if you deviate further from the law than just symptoms? Let's say that your temperature goes up a lot. Instead of you just having symptoms, you develop disease (dysfunction), like heat exhaustion or heat stroke.

Now you feel really bad. Why? Because you are really in trouble. You are farther away from the law that governs the function of your body

temperature. But the disease, even though it is more severe, is itself an effort to get your attention so that you can get your temperature down and back into line with the law that governs your body temperature.

The same is true in the opposite direction. If you get really cold, you may develop disease, like frost bite, or chilblains, or hypothermia. This too, although more severe, is an effort to get you back into line with the laws by which you function so that you can experience health and comfort again.

Now if you don't stop at symptoms, and you don't stop at disease (dysfunction), if you continue to deviate farther and farther from the laws by which you operate, you will eventually go from dysfunction to no function (death). The body can only handle so much before it must give up.

And the same is true in the opposite direction. If the body temperature continues dropping, you will eventually die from hypothermia and abnormal heart rhythms. As we stay on the pathway, it is usually comfortable. As we deviate from the pathway, it becomes more and more uncomfortable, to let us know something is wrong so that we can do something about it and come back into the confines of the law that governs your function.

As you deviate away from the law toward death, you eventually cross a boundary called the point of no return. You are still alive, but you aren't going to get back to normal. Hopefully, before crossing this boundary, you cross the "pride line." The pride line is the line where your symptoms are bad enough that you will accept or ask for help in recovering from your discomfort and dysfunction.

From my medical experience, I have observed that women reach the pride line sooner than men. This is why women will typically seek medical attention sooner than men will. Sometimes, a man's pride line is so close to death that he will reach the point of no return before he ever seeks for help. This is unfortunate, to say the least.

Another factor that we can consider is this. If all the other things that you need (oxygen, water, and nutrients) are all within the confines of the laws that govern their function, then when you deviate from the law of body temperature, you can go further from the pathway before you develop dysfunction and death. You can handle more of a deviation in one area if all the other areas are okay. But, if you are dehydrated, you have low oxygen levels, and your electrolytes are all messed up, your body temperature can't go up or down much before dysfunction and death.

Let us, for a moment, consider medication or other forms of symptom management in relation to this Highway of Health. If the manifestation of pain and discomfort (negative symptoms) are for the purpose of letting you know something is wrong and for motivating you to do something about it to return to the confines of the law that governs your function and which protects your comfort and proper function, what is the danger of pain medication or other forms of symptom care that do not address the underlying problem?

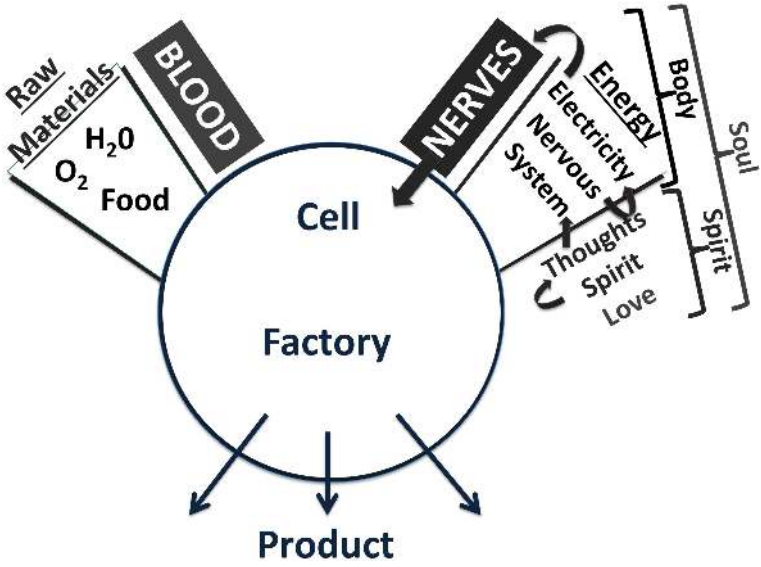
Let us say that you deviate from the law, and you develop pain as a consequence. If you take pain medication, it decreases the intensity of the pain, therefore decreasing your motivation to do something about your problem. If you take increasingly stronger medication to mask your increasing pain, you blunt your motivation to do something about your situation and continue to drift closer and closer to death without the proper motivation to earnestly do something about removing the cause.

This is not to say that pain medication in an acute situation (trauma, surgery, etc.) is inappropriate. But symptom care in the long term counteracts the very motivations that have been put in place to help us comply with the laws that govern our being and make us more apathetic about remaining in a state of dysfunction and discomfort.

Now, I would like to ask you a question. How many of you need love? Of thousands of people that I have asked this question of, I have yet to find one person who does not need love.

We all need love, just like we need oxygen, water, nutrients, and warmth. Is it possible that there is a law that governs the function of love, and that if we deviate from that law, in either direction, that we will develop uncomfortable symptoms, then disease (dysfunction), and then eventually death? I propose to you that this is indeed the case. And as we discussed earlier, the law that governs the function of love is God's law—the ten commandments. We will see later how that law governs the function of love.

So, in this law of life, we find that health is proper function because the laws that govern our function are followed. Conversely, disease is dysfunction because we have in one way or another broken the laws which govern our function.



Cellular Factories

How many cells in your body need oxygen? How many need water? How many need food? And how many need warmth? All of them do. And how many of your cells need the effects of love? Every cell in your body needs the effects of love. But how do we get to the cells that which they need?

Before we answer this, let us look at the cells and their function. The cells are the smallest units of life. It is as simple as you can get and still have all the functions of life in one package. Your body is composed of 50-100 trillion cells, and the function of your body as a whole is dependent upon the proper function of each cell. If enough cells dysfunction, you begin to notice the dysfunction. And the fewer the number of cells there are for a particular function, the fewer of them can dysfunction before you feel the effects.

It is stated that one can lose up to half of the existing cells responsible for a particular function before one has noticeable symptoms related to the loss of that function. For example, if you had 2 billion beta islet cells, which are responsible for producing insulin, you would need to lose about 1 billion of them before you started developing diabetic symptoms.

This is an important concept to understand when considering the law of cause and effect. If there is an effect (diabetes), there has to be a cause in place. The cause came before the effect was produced. Once the cause is present, it starts producing its effect. But the effect might not be large enough to be noticed for quite a while. For example, if you have a cause that begins destroying beta islet cells one by one, you won't notice until you have lost about half of your cells. It is estimated that diabetes has been in the process of developing for at least 10 years before one begins to manifest diabetes. So, the cause can be in place for a long time before the effect is large enough to be noticeable.

The cells in your body are like factories—chemical factories. They produce chemical products. Their products may be hormones, like the leptin or insulin we talked about earlier. They may produce proteins, cell signaling molecules, and any number of other chemical products.

But for a factory to be able to produce a product, what must it have? It must have raw materials. What are the raw materials that a

cell uses? It uses oxygen, water, and nutrient (which are all chemicals). So, the cell takes raw materials, which are chemicals, and converts them into products, which are chemicals. And how do you get all of these raw materials to all of the cells of the body? You get it to the cells through the blood.

This means that the circulation of blood is vitally important to your health. If there is anything that impedes the flow of blood to a cell, tissue, organ, or organ system, there will be dysfunction in that cell, tissue, organ, or organ system to the degree that the circulation is deficient in supplying the needed raw materials.

But if you have a factory with a blueprint, workers, and raw materials, you still can't make a product. What else do you need?

You need to have energy, or power, in order to function. You have to plug the factory in! Remember, all energy necessary for a system to function must come from outside of that system. In the cells, what form of energy do the cells ultimately function by? It is electricity.

The cells maintain a difference in charges across the cell membrane, with the inside of the cell being more negatively charged and the outside of the cell being more positively charged. Positively and negatively charged particles separated by an impermeable or selectively permeable membrane form a battery. So, your cells are like little batteries. And the difference in charge is called voltage. If the charged particles then flow from one side of the cell membrane to the other, that is called current. It is this electrical activity at the cell membrane that drives the functions in the cell, even driving the breakdown of glucose and other molecules and releasing chemical or heat energy.

But where do the cells of the body get the electrical stimulation from in order to function and be coordinated with other cells in their function? It comes from the nervous system. Every function in the body is regulated through the central nervous system. All

mechanisms that maintain a balance of function in the body (called homeostasis) are regulated through the central nervous system.

The brain generates electrical energy that is transmitted down the nerves to the various parts of the body to stimulate the cells to function properly and to coordinate their function by increasing and decreasing their activity.

"The influence of the mind on the body, as well as of the body on the mind, should be emphasized. The electric power of the brain, promoted by mental activity, vitalizes the whole system, and is thus an invaluable aid in resisting disease."[6]

How does the energy from the nervous system get to all the cells of the body in order to control their function? It is transmitted down the nerves to the different parts of the body.

"The mind controls the whole man...Yet many spend all their lives without becoming intelligent in regard to the casket that contains this treasure. All the physical organs are the servants of the mind, and the nerves are the messengers that transmit its orders to every part of the body, guiding the motions of the living machinery."[7]

But where does the brain get the electricity that it generates and sends down the nerves to the rest of the body? Remember, all energy necessary for a system to function must come from outside that system. The energy that powers the brain comes from spiritual information, which, for simplicity's sake, I will call thoughts. Thoughts generate electrical activity in the cortex of the brain which is then transmitted down the nerves to the rest of the body.

Science claims that it is the electrical activity that causes the thinking, but it is actually the thinking that causes the electrical activity. Science believes that the electrical activity within the context of the neural networks of the brain produces thought. In other words,

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[6] White, E.G. (1991) *Counsels for the Church* (p. 209). Nampa, ID: Pacific Press Publishing Association.

[7] White, E.G. (1897) *Special Testimonies on Education* (p. 33). Ellen G. White Estate, Inc.

science believes that the physical creates the spiritual. But we learn in the Bible that God (who is Spirit) created all that is. We find that it is the spiritual creates the physical, not the other way around. It is not the electrical activity within the context of the neural network of the brain that creates thought. It is thought, applied to the neural network of the brain that creates electricity.

The law of the conservation of energy states that energy is not lost, it is simply converted from one form to another. For example, the potential energy of a ball at the top of a hill is converted to kinetic energy when it begins to roll down the hill. The power of moving water, through a turbine, is converted to electricity. Nuclear power is converted to heat energy which is converted to electricity. The chemical energy of glucose is converted to cellular function and muscular movement in an animal. And the power of spiritual information (thought), when it strikes the physical structure of the brain, is converted to electrical energy that is then used to power and control the entire organism.

Thought is not physical. It is spiritual. And in order for you to bring to the body something that is spiritual, you need a part of you that is able to receive the spiritual and apply it to the body. And that part of you which is spiritual, which, combined with the physical structure of the brain, converts thought to electrical activity, is your spirit.

So, your spirit transmits spiritual information which is converted at the cortex of the brain into electrical impulses which are conducted down the nerves to each of the cells of the body so that they can be supplied with electrical impulses and their function can be controlled.

Remember, you and I need love. But do each of the cells of your body need love itself? No. They need the results (power, control, coordination) of love. The part of you that needs love is your spirit.

And if your spirit has the love (spiritual information) that it needs, it will produce the thoughts that are necessary to provide the energy and coordination necessary for the cells to function as they are supposed to. But if the spirit does not have the love that it needs, the energy and coordination will be messed up, and you will have dysfunction manifest in the body.

We were created in the image of God (Genesis 1:27), which means that we were created to think like God thinks. "God is love,"[8] and God's thoughts are thoughts of love. "For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope."[9] As we think like God thinks, it will promote the proper energy and coordination of the body's functions. But as our thinking deviates from God's thinking, it will cause dysfunction in the body.

So, in order for your cells to produce a good product, they need a proper blueprint for that product in the DNA, they need a proper environment in which to work, they need proper raw materials, and they need proper energy or control.

Causes of Dysfunction

So, what are some causes of dysfunction in the cells and therefore in the body?

One cause is <u>inheritance</u>. Inherited diseases are diseases that manifest in the individual as the result of changes in the genetic code of one's parents, grandparents, etc. and which manifest regardless of environmental or lifestyle factors in the individual. These include conditions like Huntington's chorea and cystic fibrosis—conditions which lead to disease and early death despite all attempts to cure it. Inherited causes of dysfunction are problematic, because you can't remove the cause, because the cause is in a prior generation. You can't remove the secondary cause (which is the change in the DNA

[8] 1 John 4:8
[9] Jeremiah 29:11

sequence), because the secondary cause is in every cell of your body, and we don't have a way of fixing the DNA in all of your cells. You can try to help with the manifestations of the disease, but you cannot remove the disease, because you can't get to the cause. This, however, doesn't mean that God can't remove the cause. He is not limited by time. He can recreate anew.

This definition is different than saying that a condition is genetic. Many diseases in one way or another are genetic, because in order for you to manifest that disease, you must dysregulate or mutate proper genes, or you must express improper genes.

Another cause of dysfunction is environment. The cells function within the context of certain environmental parameters. You can cause dysfunction because of too much or too little pressure. You can be hit by a car, shot by a gun, stabbed by a knife, or have dysfunction because of a SCUBA diving accident. All of these involve too much pressure that causes damage to the cells. You can also have damage because of too little pressure (vacuum injuries, high-altitude illness, etc.). You need a certain amount of environmental pressure in order for your cells to function, and when the pressure is too low, dysfunction is the result. Also, if the temperature surrounding the cell is too hot or too cold, it cannot function properly, even though it has the proper raw materials and energy. You can burn your fingers or freeze your toes and cause dysfunction.

Finally, we are surrounded by electromagnetic waves in various forms, and the intensity and frequency of those waves can cause damage. To get a severe sunburn from ultraviolet waves, or to have significant radiation exposure from x-ray devices or nuclear spills or nuclear bombs can damage many cells in the body. So, pressure, temperature and electromagnetic radiation are environmental issues that can impact function or dysfunction.

Another potential cause of dysfunction is raw materials. You may have harmful raw materials, things like toxins,

poisons, envenomations, etc. You may simply have the wrong materials—soft drinks instead of water, fried foods instead of fruits, and nitrogen instead of oxygen. You may have an imbalance of the proper raw materials. You may have too much salt, too little carbohydrates, too much fat, and so on.

If the cause of the dysfunction is because of raw materials, the effect will eventually be generalized. Certain cells or tissues may require certain raw materials more than other cells do, so the manifestation of the dysfunction may begin locally (for example, hypothyroidism caused by low iodine levels, death of the brain before death of the toes in drowning, etc.), but as the cause continues or worsens, all the cells will eventually be involved as a cascade of metabolic consequences spread throughout the other cells of the body.

But dysfunction may be caused by <u>energy</u> as well. Unlike raw materials issues, energy issues typically cause local dysfunction initially. Remember, the cells function by electrical energy, and that electrical energy is stimulated and coordinated by the nervous system, and the brain generates that electrical energy by thinking. The nervous system is very specific. One area of the brain controls or receives information from one place in the body, and another spot on the brain does the same for another place in the body. If you have a particular electrical problem in one part of the brain, it can be transmitted down the nerves to particular parts of the body to affect that specific location. So, if you have a local problem, it can't be caused by just raw materials.

For instance, some people have problems with gout. Gout is a painful inflammation of a joint (sometimes several joints) because a substance called uric acid forms crystals in the joint and causes irritation, pain, redness, swelling, and heat. Most individuals with gout have elevated levels of uric acid in their blood, and when you draw their blood from their arm, the uric acid levels are high. So, we

assume that the cause of the problem is the uric acid, and we give medication to lower the uric acid level and the gout goes away. But is gout caused by uric acid only?

Where did you get the blood from that showed the elevated uric acid levels? The arm or the hand. Because of the law of diffusion, we know that dissolved substances in water distribute themselves evenly throughout the water so that the concentration is the same throughout. So, we know that when we measure uric acid levels in the arm, the uric acid level in the blood in the toe is nearly the same. The uric acid is elevated throughout the body, so why does it cause a problem just in the one joint? If it is just caused by the uric acid, it can't. There must be something else. The uric acid must only be a cofactor.

I suspect that it is an energy issue from the nervous system that is the primary problem. The uric acid is only a cofactor that is necessary in order for the problem to manifest itself. It is the same thing with cholesterol and arterial plaques/blockages. How is that the case, you ask?

The concentration of cholesterol in the blood just before a cholesterol plaque is essentially the same as at the plaque and after the plaque. So, what caused the cholesterol to accumulate in one spot here and another spot there and create a 90% blockage here and a 75% blockage there? It couldn't just be the concentration of the cholesterol. There had to be something else to cause the accumulation of the cholesterol.

We know that inflammation is essential to the process of plaque formation, but what causes the inflammation? Science assumes that it is local trauma caused by abnormal blood flow at the area of the artery where the plaque develops, but I suspect that it is the signals sent to that particular area of the artery by a specific nerve which originated as a thought in a specific part of the cortex of the brain.

What do we know about the connection between the thoughts and the function or dysfunction of the body? One series of experiments were conducted between 2000 and 2013. The investigators were studying a chemical to see if it could be used as an anti-inflammatory medication. As part of the process of testing the chemical for human use, they needed to run many animals through various tests first.

One of the tests was injecting the chemical into the fluid space that surrounds the brain (called an intrathecal injection). This is to discover what would happen if the substance was able to get across the blood-brain barrier. What the investigators found out was that when they performed the injection, the mice stopped producing tumor necrosis factor alpha (TNFα), a prominent inflammatory chemical in the immune response.

The confusing aspect of this response was that TNFα is not produced in any significant degree in the brain. After a number of years, the investigators discovered that when the chemical was injected around the brain, it changed the signal that was being sent down the vagus nerve to the spleen. In the spleen, that signal was received by the T-helper cells (part of the immune system), and the T-helper cells communicated with the natural killer cells (other cells in the immune system which are predominantly responsible for producing TNFα), and the natural killer cells turned off their production of TNFα.

The investigators wanted to know if they could cause the same result without the chemical, and they eventually were able to stimulate the vagus nerve with an electrical nerve stimulator and produce the same result! This opened up many possibilities of treating various problems in the body by manipulating the signals received through the nerves.

Recent research also shows that there is a strong connection between the nervous system and cancer. Studies have shown that the

nervous system can influence every step in cancer development, growth, and spread, promoting or limiting the metastasis of cancer. And how do you and I control this every day of our lives? By our thoughts and attitudes! Perhaps this is why we see so many people who develop cancer within months to several years of a major stressor or loss in their life. Perhaps this is why we see so many individuals who eat a plant-based diet and exercise regularly, but who still develop and die from cancer.

Finally, dysfunctions can be caused by the Enemy. We see this in the life history of Job. He was a righteous man, faithful in all he did, but the enemy came to God and made a complaint of God being unfair—that Job would not serve God like he did if God stopped protecting him. So, God gave the enemy permission to cause dysfunction or disease in Job. It wasn't an inheritance issue, it wasn't an environment issue, it wasn't a raw materials issue, nor an energy issue. It was a direct attack of the enemy. The same can be true today as well. Unlike Job, however, many times the Enemy has access to us because we give him that access by participating with him in sin.