

Is the cart before the horse?

In most human ailments, the medicine we doctors learned to practice has no connection between the disease and the cure. Our treatments are designed mostly for acute problems like catastrophic crisis, pneumonia, trauma, ruptured appendix or, after it is too late with most chronic medical conditions. The accepted therapies for these conditions are almost comical.



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ALL THINGS
MEDICAL

The major treatments for cancer are surgery, chemotherapy and radiation. Could cancer be a deficiency of surgery or chemotherapy or radiation? The accepted therapies for degenerative arthritis are nonsteroidal anti-inflammatory drugs like Vioxx, injection of cortisone

into the joint and joint replacement. Is arthritis a deficiency of Vioxx or cortisone injection? The ultimate answer to less disease and better health is not drugs, surgery or chemotherapy. It is better nutrition and staying out of harm's way by avoiding the pollutants or our modern society, such as harmful chemicals, bad vibrations (loud noises, gamma radiation) and mental stress. Give the body what it needs to enable it to function as God and nature designed, and it may function well for 120 years.

Another way of thinking of this is that there are no diseases, only sick people. Diseases are just labels applied to a group of signs, symptoms and lab tests. These are just manifestations of our malfunction. So, when does a person have a disease? Why wait until we have a full-blown, incurable disease before we do something about it? Why not nip it in the bud before it becomes a problem? For example, if rheumatoid arthritis is composed of a given number of abnormalities, such as stiffness,

pain, swelling, joint deformity and abnormal blood tests, why wait until a patient gets all of these before it can be diagnosed and treated?

Like most diseases, this is caused by a genetic predisposition, evolving through a hierarchy, beginning with alterations at the atomic level, then the molecular, then the cellular, then the tissue level, and then, at the organ, and the joint, in case of rheumatoid arthritis. Somewhere along the way, the signs and symptoms appear. But when does the person actually have the disease? Likewise, why wait until the heart attack, or the mass protrudes into the lung to start treating? A much better approach would be suppressing of the disease at the molecular level before the cells start to get sick. By understanding these alterations and their causes, we can interrupt the cascade of events and prevent the ultimate disease expression. My philosophy is that a therapeutic model that can prevent disease can also cure.