

## Handling\_Stress\_1999.txt

I hear a recurring theme "stress", "over worked", and "failing health" in society today.

There is no excuse for this. What does one plan to do about it? Why live with this situation.

Some of the basic basic root cause of body problems usually comes down to:

- \* Toxic body - Build up of toxins blocking waste removal and proper nutrition intake.
- \* Lack of basic nutrients building blocks - If one or more basic nutrient building blocks are missing, and the body can not make or substitute for these then no rebuilding or repair can take place of the damage area of the body.
- \* Parasites - Slow (degeneration, aging) or fast (chronic disease) eating away of the body.
- \* Mental Attitude - The attitude each of us has about the ability to repair and rebuild our bodies is senior to the body trying to gently repair itself. If we feel it is not likely to happen or is impossible then this is the condition postulated and you should give yourself a win or acknowledgment you reached your goal. Now how about changing that postulate to something like you will now start getting better and better.

The pattern to rebuild the body is encoded in the DNA. Removing toxins, supplying all the needed nutrients, removing the parasites and hold to the altitude that it can be done, will reverse aging, and bring the dying back alive.

One says I have too much stress and work and that is the cause. No this is just a symptom of the body being in trouble and building up toxins faster than it can get rid of them. If one Detoxifies and repairs the body. Magically, the stress

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level goes way down while accomplishing more action. Societies solution at this time is - to do less and less until you are dead. The more optimum solution is to rebuild the body and do more and more.

The medical profession treats todays symptoms rather than go for root cause. Since this is a free-will universe, one picks which one wants to do. It takes a lot of hard work to maintain these frail, carbon-hydrogen-oxygen engines; called bodies. However, it can be worth it in feeling good and being functional all the way up to the point of you choosing to drop the body (body death). This is better than you being forced out of it due to pain or lack of response to your commands.