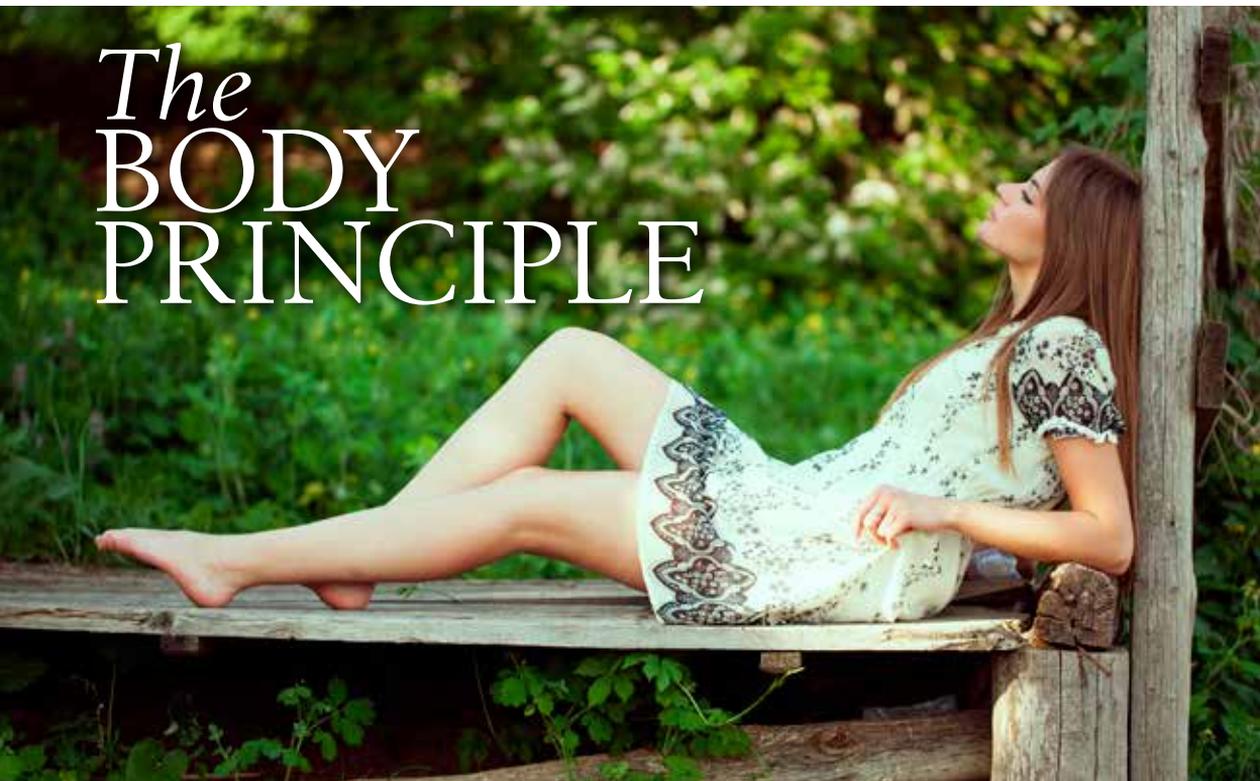


# The BODY PRINCIPLE



*Carolyn Moody finds that restoring the body's natural balance is the key to good health.*

**N**atural healing is based on the belief that the body knows how to heal itself and stay healthy, as long as we provide the right conditions for health. It has classical underpinnings. Hippocrates (460-370 BC), the father of medicine and founder of the Hippocratic School of Medicine, said: "Disease does not occur unexpectedly; it is the result of constant violation of Nature's laws."

*'Nutrition forms the basis of all natural and traditional healing systems around the world'*

Modern living, however, puts us out of touch with the natural laws of health and healing. We are not taught the true causes of disease, how our bodies

work or the effects of food, lifestyle, environmental factors and emotions on the creation of disease.

We are accustomed to modern medicine with its emphasis on technology, drugs and surgery, yet it only came into being at the beginning of the 20<sup>th</sup> Century when the Rockefeller Foundation set up a new global venture: the 'pharmaceutical investment business'. Donations from the Rockefeller Foundation went only to medical schools and hospitals that used treatments developed by a new breed of companies: manufacturers of patented, synthetic drugs.

But is our complete trust in this form of medicine warranted? The Journal

of the American Medical Association says: “The known deadly side effects of prescription drugs are the fourth leading cause of death in the industrialized world, surpassed only by the number of deaths from heart attacks, cancer and strokes.”

While we can use the best of modern medicine: more accurate diagnoses and the judicious use of drugs and surgery to save lives, this system hasn't yet found cures for diseases, such as cancer, heart disease, diabetes, arthritis, dementia, and many autoimmune and inflammatory diseases. It has consistently ignored proven methods of natural healing and decades of research into nutrition, micronutrients and herbs (most of which have been reported in medical journals). A branch of medicine called ‘functional (nutritional) medicine’, however, is being practised across the world by doctors who have become disenchanted with the results of allopathic medicine and want to try something else.

### NATURAL HEALING

Surveys estimate that at least a third of people in Europe use alternative therapies to stay well and treat disease. They are viewed as safer and gentler than many conventional medical treatments.

Modern medicine compartmentalises the body, treating a disease out of context of the whole body and the person with the disease. The body is an extraordinarily complex organism. Zillions of biochemical processes take place every second of life, with all parts of the body interconnected so that what affects, say the stomach, can affect the immune, endocrine and nervous systems, bones, skin or the brain.

Traditional natural healing methods are holistic in that they address the whole person, not the disease. They treat the physical, mental, emotional and spiritual needs of an individual. “It's far more important to know what person the disease has than

what disease the person has,” opined Hippocrates.

Optimum nutrition and functional medicine are based on the western system of naturopathy and benefit from up-to-date research into how and why natural healing works. Ill health and disease have at their root cause a genetic blueprint that may pre-dispose an individual to certain health conditions, and biochemical imbalances caused by:

- Stress, the number one cause of health problems, especially emotional and mental stress.
- Dietary choices that don't align with our genetic metabolic type.
- Autotoxicity (toxic state of the body) due to many factors.
- Heavy metals and environmental toxins.
- Reactions to medical and dental intervention.
- Allergies and food intolerances.
- Infection by yeasts, fungi, bacteria, viruses and parasites.
- Deficiencies in protein, vitamins, minerals and essential fatty acids.

Nutrition forms the basis of all natural and traditional healing systems around the world.

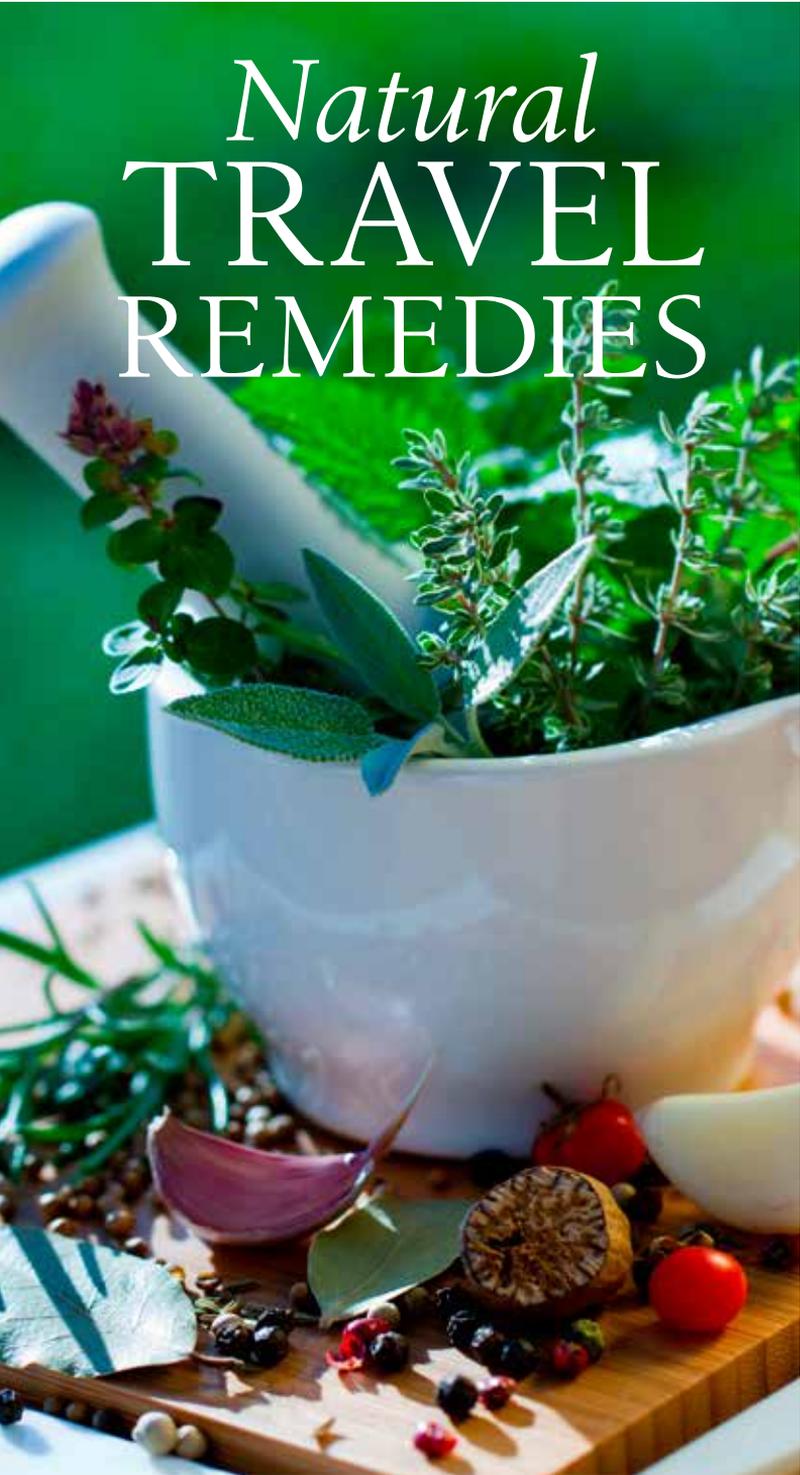
Through gentle detoxification, discovering the right way of eating for each individual, and appropriate supplementation (including the use of herbs and plants), optimum nutrition provides the biochemical building blocks to create health.

Because the mind/body connection is paramount to health, this approach is much more than just about eating the right foods. Whatever the mind believes, the body will fulfil, given the right biochemical conditions. Emotional health and a healthy body are closely interlinked.

### FOR MORE INFORMATION:

visit [www.functionalmedicine.org](http://www.functionalmedicine.org)





# Natural TRAVEL REMEDIES

Carolyn Moody *assesses the natural options for health protection when travelling abroad.*

**T**ravelling has become a way of life for many of us, but whether you are backpacking or travelling five-star, the change in water, food and exposure to a different set of bacteria and parasites can wreak havoc on digestive health. What at first may seem to be a case of bacterial infection can turn out to be a parasitic infection, such as *giardia lamblia* (a parasite that can be picked up anywhere in the world, including Belgium). This is why it is very important that, if symptoms persist for more than a week, you should always go to see a doctor.

The usual advice when travelling to countries where infection is possible is to avoid drinking the local water and eating uncooked fruit and vegetables. But is there more that you can do to avoid an upset stomach, or worse?

The University of Maryland Medical Center offers some nutritional and herbal advice against parasites that could help prevent infection or aid medical treatment following infection:

- Avoid simple carbohydrates found in refined foods, fruits, juices, dairy products and all sugars, except honey.
- Eat more raw garlic, pumpkin seeds, pomegranates, beetroots, and carrots, all of which have been used

traditionally to kill parasites. In one study, researchers found that a mixture of honey and papaya seeds cleared stools of parasites in 23 out of 30 subjects. Drink a lot of water to help flush out your system.

- Eat more fibre, which may help get rid of worms.
- Take papain, an enzyme from the papaya plant that may help kill worms when taken 30 minutes before or after meals. Digestive enzymes help restore the intestinal tract to its normal state, which makes it inhospitable to parasites.
- Take vitamin C in doses of up to 6,000 mg per day to support the immune system. Lower the dose if diarrhoea develops.
- Take zinc at doses of 20-30 mg per day to help support the immune system.

It also recommends taking high dose probiotics, particularly *Lactobacillus acidophilus*, *Lactobacillus plantarum*, *Saccharomyces boulardii* and *Bifidobacteria*, twice a day before travel and on return. The Journal of Parasitology Research confirms the efficacy of probiotics in protecting against infection: "Probiotics have been defined by WHO as 'live organisms which when administered in adequate amounts confer a health benefit to the host'. A good probiotic strain should confer immune stimulation, protection against pathogens, be persistent and able to adhere to intestinal lining. Probiotics have the capacity to control the proliferation of surrounding microorganisms. Lactobacillus can render iron

unavailable for pathogenic (harmful) microorganisms."

Good quality probiotics are available in Belgian pharmacies and health food stores. All probiotic supplements should be refrigerated to conserve the live bacteria.

### HERBS AND PLANT OILS

Many herbs and plant oils have anti-bacterial and parasitic properties. (For specific health problems, it is important to consult your doctor in conjunction with a medical herbalist).

Garlic is the number one natural antibiotic and antiparasitic. Animals with intestinal worms will seek out wild garlic to chew. Eat plenty of it while travelling and take garlic in capsule form.

Goldenseal (*Hydrastis Canadensis*) has been used historically for infections of the mucous membranes lining the body, including the digestive tract. Studies suggest that berberine, the active constituent of goldenseal, is active against amoebic and parasitic infections. The herb wormwood (*Artemisia annua*) contains sesquiterpene lactones, which weaken parasite membranes. Artemisia has been used for centuries as a herbal remedy for intestinal bacteria, parasites and malaria.

Plant oils with historical proof of efficacy against bacterial infection include cinnamon, oregano, clove, ginger, thyme and rosemary oil. A study published in the Journal of Applied Microbiology looked at 52 plants oils and

extracts and discovered that lemongrass, oregano and bay inhibited all organisms, while many others had specific anti-bacteria or yeast activity.

A useful product that helps to avoid infection while traveling is TravelGuard, which contains garlic, probiotics and plant

*'Eat more raw garlic, pumpkin seeds, pomegranates, beetroots, and carrots, all of which have been used traditionally to kill parasites'*

oils. It comes in capsule form, does not have to be refrigerated and is available online ([www.biocare.co.uk](http://www.biocare.co.uk)). ■



**Carolyn Moody** is an Optimum Nutritionist and Live a Conscious Life Transformational Coach with 22 years experience helping people develop excellent mental, physical and emotional health.

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