

NUTRITION AND HEALTH

Toxemia and Health

IN ALL THINGS it is worth while to take a common sense view, and in the care of the body, moderation (avoiding fanaticism—which is another name for ignorance) is the safer practice, and much more conducive to life and success.

The first common cause of disordered digestion is improper chewing. Next comes overeating, or eating of improper combinations. Parenthetically, it isn't what we eat, it's what we digest that builds for health.

Individually, digestive capacity is limited. When we overeat, when the intake of food is more than the digestive secretions are able to liquefy and prepare for absorption, the undigested starches and sweets undergo acid fermentation while the animal proteins undergo putrefaction. The end products of both fermentation and putrefaction are a constant source of toxins which cause enervation with subsequent inhibition of secretions and excretions.

All excretions carry waste products, the retention of which produces toxemia. Toxins circulating in the blood (toxemia) is the one condition that makes all diseases kin. Toxemia brings on crises which are commonly called diseases. Each individual develops a crisis—disease—that is peculiar to himself. That is to say, each individual has a diathesis, either inherited or acquired, which predisposes that individual to some particular form of ailment.

This being true, to obtain health or escape the onset of disease requires the giving up of all enervating habits until elimination has brought the toxic state below the saturation point. So long as the patient continues in this state, there will be no crisis, no disease. Hence to regain health it is necessary to control the enervating habits so as to prevent toxic saturation.

Toxin saturation means just that—catabolic toxins are diffused throughout every living cell. While the inherent protective powers of the body cells do establish a certain toleration for toxins (for example, moderate amounts of tobacco and alcohol), it is always at the cost of a slow and continuous loss of nerve energy—enervation.

So long as toleration exists, toxins are rendered relatively inactive and the patient (as well as the average physician) erroneously believes that his condition has improved. To the contrary, if he suddenly ceases to do wrong and endeavors to do right—if he definitely abandons all enervating habits and conscientiously adheres to a rational corrective diet, he soon becomes cognizant (if he be one of the usual sixty per cent) of functional aberrations more distressing than those he endured before his dietary reform.

The reason: All corrective diets are eliminating; they contain beneficent enzymes, the catalytic action of which releases the toxins from the cell protoplasm and augments their passage into the blood stream. While in the blood stream on their way to final elimination from the body, these toxins often prove more irritating than when they lay quasi-dormant in the body cells.

The above is the shortest possible statement explaining why any radical change of dietary habits, though it be from the harmful to the beneficial, can and does produce temporary discomfort. I hope it is not brevity at the expense of clarity.

It should be obvious to the reader that according to the Rosicrucian Teachings concerning the cause and cure of disease, that there is no room for drugs or other remedial measures coming under the head of therapeutics.

—Leon Patrick, M.D.