

# A Human Way of Being and Optimizing Sickness Away

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## Extended Abstract

**Statement of the Problem:** Humans have been seen incredible increases in chronic illness. Researchers tend to focus on minimizing symptoms by administering a drug or treatment that they have been paid to research. There is a clear reward for achieving a beneficial result when studying these treatments as the manufacturer that pays for the study, commissions a specific research company and that company (who is being paid by said manufacturer) will be hired again if they get the result the manufacturer was intending. As improving health is the most optimal way to defeat chronic disease, there should clearly be more research done in this field. There is research being done, but it is being done on specific products in order to generate profit and they are still engineering studies with the intent of a positive result. The truth is that humans have also needed certain factors in order to optimize health. There is no special product, chemical or herb from some far off destination that will bring health. Health is who you are and what you do on a daily basis. Whether it is diabetes, thyroid, parkinsons, MS, rheumatoid arthritis, colitis or other chronic diseases, there is always a biochemical process that is an adaptations to stressors placed upon the body. Those stressors can be chemical, biochemical, physiologic, emotional and more. Although the gold standard for research is a double blind placebo study, 1 factor, drug or supplement, will not give miraculous results for chronic illness. It will require a complete transition of eating habits, drinking clean water, having good sleep, stress management and good relationships. The purpose of this presentation is to provide evidence for the ability to remediate chronic disease using lifestyle and natural products as well as removing harmful parts of the person's lifestyle. Methodology & Theoretical

**Orientation:** A case study of patient's who chose to alter their lifestyle to reverse chronic disease and get off medications from beginning to follow up. Findings: These patients, who worked with the Epigenetics Healing Center and followed dietary, exercise and supplementation protocols according to laboratories, have completely reversed chronic diseases that are said to have no cure.

**Conclusion & Significance:** Recommendations are made to patients dealing with chronic disease and polypharmacy, to adapt appropriate lifestyle change and supplementation to make them sufficient in all biochemical, physiological, spiritual and emotional factors. This is proven to be effective at reversing chronic disease

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