

How To Be Healthy In the Midst of a World Spiraling Down Or “How to be Your Own Doctor”

David W. Allan

In a world where “General Health” is spiraling down and “Heart Disease” has become the number one killer, there are those, who I believe have been inspired to help turn around these devastating trends in our health-care system. The prevailing American diet and lifestyle are both fundamental problems. From the information I have gained from these inspired world experts, I will share what I see as the solutions to these two very serious problems.

We often see or hear of doctors contradicting one another in their solution to health problems. I have sought to find a consensus regarding the changes needed to stop the several epidemic diseases that poor diet and bad life styles have brought about over the last century. We are fortunate to have caring doctors, nutritionists, and health-care providers on the frontline of research who are forging a new path to better health and a happy way of living.

[Dr. Natasha Campbell-McBride](#) MD, MMedSci(neurology), MMedSci(nutrition) was trained as a medical doctor in Russia with two post graduate degrees in the UK: Master of Medical Sciences in Neurology and Master of Medical Sciences in Human Nutrition. She is a keynote speaker at many professional conferences and seminars around the world. She frequently gives talks to health practitioners, patient groups and associations. She is also a Member of The British Society for Ecological Medicine, and is a Director on the Advisory Board of The Weston A. Price Foundation. She has contributed to many books on nutrition and is a regular contributing health editor to a number of magazines and newsletters.

Natasha has become world renowned for being able to reverse autism, dyspraxia, A.D.D., dyslexia, A.D.H.D., depression, and schizophrenia by teaching people how to clean the gut and then provide proper foods so the body can heal itself (see her book, [*Gut and Psychology Syndrome*](#)).

In the conclusion of her book, [*Put Your Heart in Your Mouth, Natural treatment for Angina, Heart Attack, High Blood Pressure, Arrhythmia, Atherosclerosis, Stroke, Peripheral Vascular Disease*](#), she shares the profound perspective:

"Mother Nature gave us perfect bodies – miraculous creations, which we probably will never fully understand. Our bodies have complete power to keep themselves healthy, to repair any damage and heal themselves. It is your own body that heals you, not your doctor! It does it quietly without your knowledge as long as you allow it to do so.

"Every time you put processed food in your mouth and expose yourself to pollution you give your body a message:

"I do not respect you!

"I do not love you, and

"I do not care for you!

"This kind of message will have far-reaching consequences for your health – both physical and mental!

"Unfortunately, a large percentage of the Western population gives exactly that message to their bodies every day. We pollute our bodies with processed foods and myriads of chemicals and we use and abuse our bodies with our modern self-indulgent life styles. When the body becomes ill from this abuse, it starts calling for help; so you get pain, stiffness, inflammation and other symptoms. This is the only way that the body can let you know that it is in danger, that you are doing something wrong to it. But, instead of listening [to your body], we go to the doctor and get drugs to stop the pain, to stop the inflammation and to stop other symptoms [but not cure the problem]. All these drugs do is to tell the body: “Stop calling for help and suffer in silence!” so we can go on destroying our health without being aware of it.

"Someone clever once asked: “If you destroy your body, where are you going to live?

"Nature will always win. As we, humans, conquered epidemics of infectious disease, we replaced them with epidemics of man-made degenerative diseases. Heart disease, atherosclerosis, cancer and other maladies kill more people per year than any infection ever did. We created these epidemics ourselves by adulterating our food and polluting our bodies with man-made poisons [many will be sorry to know that these poisons include soft drinks and sugar]."

God gave us the commandment, “Thou shalt not kill.” We know that suicide is against His will. Does it matter whether we poison ourselves slow or fast? God wants us to respect all life. If we take care of our bodies, we will have more joy in the journey, will live longer and will be better able to love and serve others. We could join the 1% of the population and die of old age with a life fulfilled; 99% die of disease.

Natasha shares the disturbing historical perspective that “We have epidemics of cancer, heart disease, diabetes, psychological and psychiatric maladies, learning disabilities, autoimmune disorders, obesity, etc. etc., the list is very long. These are all conditions which doctors very rarely encountered 100 years ago.” I would add osteoporosis and chronic stress to her list of epidemics; Stress may be the biggest killer of all (see [Dr. Leonard Coldwell](#)’s book, *The Only Answer to Stress, Anxiety, Depression; the Root Cause of All Disease*, available on [Amazon.com](#).)

America used to be the healthiest country in the world; now it is last on some lists, yet our costs for health-care per capita are vastly higher than any other country in the world. This historical perspective is in our face. What lessons can we learn from it? American history shows that our health correlates with our keeping God’s commandments. We were given the foundation of liberty as a strong and freedom-motivated, Christian nation. We should not have won the revolutionary war, but we did, and Washington summarized why in two words, “Divine intervention.”

Looking at health across the world we can learn a lot. Since everyone's body chemistry is different and there is an immense diversity of climates, cultures, and traditions across the globe, I give here some general guidelines for overcoming the diseases that plague our current society – drawing from the world's experts – to help you be your own doctor and to learn how to make your food be your medicine.

Health and happiness are about body, mind, and spirit harmony with God, with people, and with our environment (nature). To bring about this harmony, we need to broaden the holistic approach to be consistent with how we are asked to love God – with all our heart, soul, mind, and strength (Mark 12:30). We cannot be healthy and happy and be out of harmony with God. God is the only source of true peace. Being ONE with Him and His incredible creations is essential for the fulfilled life.

Prayer and meditation are key tools for overcoming chronic stress. Perhaps this is why prayer is the most oft repeated commandment in the scriptures; in God's infinite love for us, because prayer is essential in our path back to Him.

Relevant to prayer and meditation in dealing with stress is the work of [Dr. Dharma Singh Khalsa](#), author of the book, *Brain Longevity*, which is also available in audio format. I was so impressed with his book that I did a [book report around it](#). In his book, he has an elegant and simple set of guidelines for dealing with stress, which should become a healthy habit on our path to health and happiness.

His guidelines for how to meditate are very simple:

His guidelines for how to meditate are very simple:

Find a quiet place with no distractions;

Allow 10 to 20 minutes; don't use an alarm;

Sit comfortably and relax all of your muscles from bottom of toes to the top of your head;

Stop all internal dialog and mind chatter;

To help you stop thinking and calm down, silently repeat a pleasant word or phrase – like peace, love, that have religious significance;

Don't be concerned if thoughts intrude; inhale and bring yourself back, relax, and meditate;

When you finish, sit quietly for a minute or two, and try to merge your calm state of mind with your normal outlook.

He concludes, "That's all there is to it. If it sounds simple, that's because it is."

Dr. Lissa Rankin dramatically shows us that loving-caring, health-care providers make an enormous difference in healing and having good health. Her book, *Mind Over Medicine*, is a

classic. After eight years as an OB-GYN, she left her clinical practice because of the lack of love and care provided there for the patients. Jonathan Fields has an insightful interview with her that is a summary of her book on YouTube: <https://www.youtube.com/watch?v=CZ8MaLuBreQ>. Lissa shows a positive way to use the placebo effect for your health. Lissa's 2013 and third Ted Talk <https://www.youtube.com/watch?v=EUYL7MAIPc> gives great guidelines for the body healing itself and dealing with the killer stress in our lives.

Dr. Bruce Lipton complements Lissa's paradigm – having gone through a major paradigm shift himself. He shows that organic evolutionary biology is flawed and writes the inspiring book, *Biology of Belief*. He shares from reliable data the great impact the mind can have on what happens in our cells. He convinced the Stanford University biologists of his game changing paradigm. His new paradigm brought him to the grand realization that man is a “co-creator” of his destiny, and because of how the mind controls the bodily functions, he concluded, "The existence of an immortal spirit." When he applied what he had learned “his physical well-being improved, and the quality and character of his daily life was greatly enhanced.”

Chapters 10 and 11 of my book give a lot more details of Rankin's and Lipton's enormous contributions to a fully healthy lifestyle. I may be biased, but those two chapters alone make the book worth getting.

Regarding the body, starting with Hippocrates (460-370 BC), who is considered the “Father of modern medicine,” we have the basic guideline that health begins in the gut. Many others since have validated this important principle, and Dr. Natasha Campbell-McBride has had her great success by teaching people how to clean the gut and provide proper nourishment so that the body and mind can heal and be healthy.

I characterize the [ideal meal](#) as good food, good company, and time to enjoy it. Let the conversation be uplifting and fun filled – sharing light and truth and rejoicing in our countless blessings. Fast-food restaurants would go out of business, if we ate properly. I love eating with the French; their cuisine is excellent, and it is common for more than two hours to quickly go by as a meal is enjoyed together. Furthermore, they tend not to get fat. The obesity epidemic is an American problem – driven in large measure by our processed foods and soft drinks, most of which contain high-fructose corn syrup, which causes serious health problems, as the body does not know how to process this [synthetic, money-making, artificial sweetener](#). It is in most soft drinks and is used extensively in processed foods.

To the degree that diet makes a difference in many degenerative diseases, Fallon and Enig's book, *Nourishing Traditions*, recalls “the culinary customs of our ancestors... and... offers modern families a fascinating guide to wise food choices and proper preparation techniques.” Fallon triggers off of Weston Price's 1939 game changing book *Nutrition and Physical Degeneration*, detailing his global travels studying the diets and nutrition of various cultures. The book concludes that aspects of a modern [Western diet](#) (particularly flour, sugar, and modern processed vegetable fats) cause nutritional deficiencies that are a cause of many diseases. His work has been ignored in large measure. Our ignorance has led to the many [epidemic diseases plaguing modern Americans](#).

Fermented foods were a major part of our ancestry. A daily serving of same will aid your health considerably. These may include kefir, kombucha, sauerkraut, pickles, miso, tempeh, natto, and kimchi. My wife makes wonderful kimchi. Natto is one of the richest foods in vitamin k2. Vitamin k2 is seriously deficient in the American diet. Vitamin k1 you get from leafy greens, etc.

Another big problem with the typical American diet is bad fats. Good fats are good for the heart, such as unpolluted butter, ghee, coconut oil, extra-virgin, cold-pressed olive oil, cod-liver oil, and certain fish oils, as in wild-caught salmon. Most of the American processed foods have bad fats from vegetable oils, which are not only bad for the circulatory system but also lead to many other health problems. Along with many other wise, health-care practitioners, Fallon and Enig clearly define good and bad fats.

There are also some excellent dietary suggestions in Dr. Cowan's book, [*Human Heart, Cosmic Heart*](#), (See pp 119-132); he triggers off of Fallon and Enig's encyclopedic book with a focus on heart disease.

I believe it was a chronic-stress situation in my case that took my autonomic nervous system out of balance and led to my heart attack. Dr. Cowan has a simple way to check if you are in balance (see pp 78-79 of his book). In my efforts to be my own doctor, I bought a stethoscope and followed his "simple way." A quality stethoscope may cost \$200. At a doctor's recommendation, I found a high quality Sprague Rappaport stethoscope on-line for \$22. It is excellent and allows me to self-diagnose my emotional balance.

At the suggestion of a dear friend and medical professional – also in my effort to be my own doctor – I bought the book, [*Modern Essentials Usage Guide, A Quick Guide to the therapeutic Use of Essential Oils*](#). Its small format (14 x 19 cm) and spiral binding make it convenient for carrying around, and its 270 pages are loaded with information about every kind of disease. We have had many health benefits with do-Terra essential oils.

[Dr. Andrew Weil](#), considered by many to be "America's doctor," shares the importance of deep breathing. After traveling the world to learn of the medical and health practices of a variety of cultures, he came home to learn from someone – almost in his backyard – one of the most beneficial health practices, how to deep breathe. Here is my implementation of Dr. Weil's suggestion: You breathe in as deeply as you can and hold it for about seven seconds; then exhale with the goal of emptying your lungs and hold it for about another seven seconds. Repeat this several times; I like to do it seven times. Seven is the number of perfection or completeness in God's arithmetic. [There are seven critical steps in the Lord's atonement](#). This clears out your lungs, and you would probably never get pneumonia if you did this on a daily basis.

Dr. Cowan points out that after about 12 hours of no food – letting the body be in a rest state – it then starts burning fat. This short fast can occur once a day or once a week, and is healthful for the body.

Dr. F. Batmanghelidj points out that exercising twice a day has significant benefit. Twenty-five or so minutes of good aerobic exercise are not only good for the body, [but helps grow neurons as well](#) <http://itsabouttimebook.com/?s=getting+smarter+is+not+harder> . Let your exercise be enjoyable, otherwise you will not persist. I love mountain biking, cross-country skiing, and

snow shoeing with my wife. One gains a triple benefit by exercising with a loved one or close friend and coupling to nature. Mountain biking is gentle on the knees and provides excellent near-far eye exercise, which helps for eye health.

[As I mention in an earlier blog on How to Avoid a Heart Attack](#), I mentioned why g-strophanthin is important for emotional balance – especially for the heart. I am working on an easy way to get and properly use g-strophanthin in the states. It is available in Africa, Brazil, and Europe that I know of. The adrenal gland naturally secretes it, but chronic stress tends to turn this off in our bodies. As I point out in Chapter 13 of my book, Dr. Herbert Benson shows that the stress response turns off the immunity system and stops healing, while the relaxation response turns on the immunity system and natural healing.

We should eat about four times as many vegetables as fruits. Beautiful salads and healthful salad dressings should be our daily fair. Having a clean gut and eating healthful foods leads to good bowel movements, which should be soft and after every meal if your gut is healthy. Growing your own food in un-polluted mineral rich soil is a great idea; then they are guaranteed to be pure and organic.

Eating fruits in the morning gives you quick energy, and if you chew them well, the sugars are good for you in their natural form. Our good friend, Dr. Fred Bohman, taught us one of the best things we could do for nutrition was to “drink your food and chew your drink.” In summary, he said, “Chew your food 29 times until it turns to liquid – allowing your saliva to totally mix and to send the proper signal to the stomach as to the kind of food it needs to digest. By chewing your drink, you again allow your saliva to mix and prepare the liquid for your stomach to properly digest it.”

Food combining is also an important dietary principle. Dr. David Williams has some excellent information in some of his newsletters on this. He points out that improper food combining can be one of the causes of belly fat and “love handles.” It also minimizes flatulence.

At the end of the introduction to their diet and recipe-encyclopedic book, Fallon and Enig share,

To make us healthy, our food must taste good; it must be digestible, and it must be eaten in peace. Even whole foods properly prepared according to traditional methods, do us no good if we eat them with a grudge; they will not confer health on the person who does not forgive. It is the loving heart who will find [in their book] guidelines for providing an abundance of all the nutrients we need to live healthy, happy and productive lives.

Again, as we learn from history, there is a fundamental reason for the downward trend in America’s health. We have turned from God, and tend to worship instead the mind of man; we believe doctors know more about our bodies than God. We are caught up with worldliness, entertainment, and the lusts of the flesh. Our appetites are driven by pleasure rather than wisdom.

My efforts in this article are to share the counter measures to these disturbing trends. Even though there are contradictions in the recommendations of the doctors cited above, great strides are being made to provide better health guidance. No doctor has the solution for curing all

diseases but I have drawn on the best experts I know – most of whom have God in their lives. Ultimately it is Christ to whom we should surrender our concerns.

In Paul's admonition to the Romans, he warns, "...be not confounded to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." (Rom. 12:2) If you look at the life styles of the early Christians during the first two or three centuries as described in Chapter 14 of my book, you will see exactly why we as Americans are in deep trouble – having turned from the God of this land. God will guide our minds toward good health if we do as He ask in the sermon on the mount, "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." {Matthew 7:7) As we do this and keep His commandments, He will help us find our own path to health and happiness.

When the Savior came to America after His resurrection, he healed all their sick (3 Nephi 17). Now, two thousand years later, the impact of his visit still resonates in the traditions of the American Indians; read [*He Walked the Americas*](#) by L. Taylor Hansen. Jesus loves us no less than he did them.

And I would add that in order to be healthy in body, mind, and spirit, we must properly nourish all three. In doing so, we achieve the "abundant life" promised by the Savior. (John 10:10) As we learn to listen to our bodies, while gaining the knowledge we need about how to optimally feed our bodies, minds, and spirits, then we will gain that ideal oneness with God that we all intuitively seek.

The Lord knows all! He has designed our bodies to heal and will teach us how to bring about that healing as we seek Him in humble prayer. He will put in our minds and in our hearts those healing modalities and directions that we, on an individual basis, should follow. Since the Lord is the only perfect physician let us trust Him to guide us in our diligent search for abundant health so we can better serve Him and His children in this life time.

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