

Co-Factors of Disease

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From the view of Naturopathic Health dis-ease is understood to develop in the body through a progression of factors. The goal for restoring health is to: nourish, cleanse, de-toxify and rebuild. Categories which lead to illness include:

1. NEGLECT

- a. Improper nutrition
- b. Lack of exercise
- c. Negative thought patterns, such as:
 - 1.) Worry
 - 2.) Fear
 - 3.) Anger
 - 4.) Shame
 - 5.) Self victimization
 - 6.) Depression

2. TRAUMA

Stress seems to be a way of life for many. This takes a toll on the adrenal glands and, thus, the entire endocrine system. Major traumas include: death of a loved one, getting fired, separation or divorce, re-location to a new town or region, et cetera. Even seemingly positive changes such as: marriage, pregnancy and birth, a new job, et cetera, can weaken the body.

3. CONGESTION

- a. Digestive/elimination
- b. Respiratory
- c. Circulatory
- d. Mental

4. METALS AND CHEMICALS

These will accumulate in the body and build up for a lifetime, settling especially in the liver, right kidney and fatty tissues.

5. FUNGUS, BACTERIA, VIRUS

6. PARASITES

7. MIASMS

This means a genetic predisposition toward a disease.