

Naturlig Medicin Versus Artificiell

På Engelska av Ayurvedisk läkare

Natural versus Synthetic Medicines

Herbs, unlike synthetic chemicals of most modern medicines, promote the natural functions of the body.

Nearly every ancient culture has used plants for the prevention and cure of disease. Even in the United States these remedies were used until 1930 when American medicine began to dominate completely and control the healing arts through unfair methods, which were translated into unfair legislation, backed by big money. I intend to show that unlike the synthetic chemicals of most modern medicines, herbs promote the natural functions of the human body.

Especially, since the early 1900 what is now called " medical alternatives, " like using food to heal the body, have been unjustly discredited by medical practitioners, and by such government agencies, as the U. S. Food and Drug Administration. Therefore, drug therapy has become the treatment of choice.

Western medicine or what we call traditional medicine attempts to remedy illness by producing a condition in the body that does not allow the disease to live or thrive. However, this method is unnatural and poisonous, and therefore, harmful, because it is really contrary to the natural functioning and health of the body. Chemotherapy is a good example of this approach to treating diseases.

Lets now consider the above in greater depth.

Herbs and plant food therapy has been successful throughout the ages, but man has not known why. Now with our advanced technology, scientists have selected and isolated (or extracted) key components from plants (food). This has provided us with some of the answers to why plants have helped heal for centuries. Much has been learned from this process. Time and circumstances has proven that it was unwise to isolate these compounds that heal. The Creator created them whole for a reason that has medical applications.

We are learning this the hard way. The knowledge and the use of certain herbs and foods was a prerequisite among the ancient healers. Again, herbs, unlike the synthetic chemicals of most modern medicines, promote the natural functions of the body.

The drug industry isolates, or synthesizes, parts of the whole plant, which, during use by medical practitioners, produces undesirable side effects in their patients. For instance, the most powerful drug used in cancer chemotherapy was isolated from the plant Madagascar periwinkle. It is an effective agent against breast and lymph cancers. However, its side effects may be debilitating and dangerous.

In isolating (or extracting) the active principles of drug plants, researchers miscalculated. They thought that a single compound could account for desirable properties of plants. They assumed that it would be better to conduct research and treat disease with the purified (isolated, extracted) compound rather than with the whole plant. In this, they ignored the whole (or the rest) of the plants, once they had taken what they called the "active" principles from them. They then called the other (or unused) principles "inactive" and then blindly believed that prescribing these manufactured products were more scientific and up to date than using the whole of the plants.

The idea that the whole plants and isolated active principles (which are taken from the plants) are equivalent, has become an obsessively fixed dogma in pharmacology and medicine theory and practice. Most pharmacists and doctors do not have first hand knowledge of the plants (that the isolated active principles come from) and they were/are only taught of the pure derivatives or isolated active ingredients. In most medical schools, they are not taught otherwise.

Today, there are a great many over the counter medicines, with such active ingredients as phenylpropanolamine, or PPA, which have many unhealthy side effects. A study, led by scientist at Yale Medical School, tracked more than 700 people ages 18 to 49 that had suffered a hemorrhagic stroke. Their study found that strokes patients were 50 percent more likely, than control subjects, to have used PPA within three days of the stroke. It is estimated that Americans took some six billion doses of PPA last year. (1999) Sometimes, the side effects are so numerous, that such medicines are taken off the market.

Although, the U.S. Food and Drug Administration, or FDA, estimates that between 200 and 500 strokes each year could be prevented in the U.S. if the PPA in these products was re-placed with something less risky. The number of such preventable strokes is probably higher. However, even though there are still uncertainties and unanswered questions (such as how much PPA must be consumed before risk increases and whether the drug accumulates over time) all of the medicines with PPA in them are still on the market until the FDA meets with its advisory committees.

It is a scientific fact, that isolated compounds, which are then made or refined into synthetic (man-made) drugs, are much more toxic than their plant sources. They produce effects of more rapid onset, greater intensity, and shorter duration. They fail to reproduce desirable actions of plants they come from. Furthermore, they lack natural safeguards that are present in those plants.

It is thought by an increasing number of scientific observers that secondary compounds of medicinal plants may be valuable in their own right or may modify the effects of dominant compounds in ways beneficial to patients. (Secondary compounds of medicinal plants are the rejected or unused parts of the plants, after the "active" compounds or ingredients have been isolated or extracted from them.)

The choices the medical scientists have made in modifying natural drugs have been costly, in terms of the effects it has on the human body and in the billion of dollars that do not bring good health. These scientists have valued increased potency and pharmacological power and rapid action over safety and the overall quality of effects.

When the vitamins and proteins have been taken from natural foods the very purpose of food is destroyed. It has become denatured or unnatural and thus, is unfit and unsafe for human consumption.

As the process of chemically taking vitamins and proteins out of natural foods make the food less valuable and even deadly, so is the process and use of preservatives.

The chemicals used to extract vitamins and proteins from their natural place in foods, and the chemicals used to keep and preserve the vitamins and proteins,

to give the denatured food artificial shelf life, also makes these foods unsafe for human consumption, regardless to their form, whether in pill or liquid form.

This can be seen in many fields from the food industry to medical care centers, such as hospitals. For example, while working in one of the largest hospitals in Arizona, we were advised to stop giving the Hepatitis B Vaccine to infants. The U. S. Food and Drug Administration re-called the Hepatitis B vaccine, because of a preservative it contained. The preservative that was used in the vaccine was shown to have caused severe allergic response in infants, among other side effects that were not named.

Americans spends billions and billions of dollars on medications every year. That rate is soaring at an unbelievable rate. Yet we are not the healthiest nation.

There are really no cures in drugs or medicines. The medical world has been looking for a remedy to cure disease; notwithstanding the obvious fact that the nature of our bodies needs no artificial remedies. The human body needs only the opportunity to exercise its own innate powers of its self-healing mechanism. The understanding of health "how to build it, and keep it" is the key knowledge that is needed by medical practitioners as well as the general public.

We have poisoned our bodies with the wrong kind of foods and drinks, and are simply not using food for the purpose that food was created. We are not eating properly or eating to live.

It must be understood that in critical cases, drugs do saves lives. It may be necessary, in critical cases, to give exceptionally high amounts of one particular substance (drug), or another, in order to save a life. However, we won't ever need drugs if we live and eat right, except in emergencies. Even then their use ought to be limited.

The art of treating the sick, with all kinds of poisonous drugs and in every kind of destructive measure, is called today the "science of medicine." Indeed the medical journals, as well as the daily newspaper are filled at all times with announcements of the discoveries of great improvements in the "healing arts." But all of these discoveries, amount to nothing more than additional means of getting more and more poisons into the human body and making money.

The U.S. Food and Drug Administration has aided and abetted this insanity as it has consistently discriminated against herbal medicines, which has placed unjust limits on them. Herbal medicines can only be marketed as food supplements in the United States. Meanwhile, it is a fact that the more the medicines are "improved" the more destructive they become, as they are "improved."

Generally, we know that herbs and plant foods are Gods (nature) powerful pharmacopoeia. Their effects are not the same. Therefore, we need to know which ones have therapeutic applications for various disorders.

According to the "Doctrine of Signature" plants in many ways resemble those parts of the body for which their healing powers are most efficacious, or capable of producing an intended medical beneficial effect.

The medicinal use of natural herbs and plant food, dates back to what is called by many "prehistory," or to the time of unwritten records and to what is often called "primitive" medicine. In the past, as well as the present, plants have been used for food as well as medicine.

In the kitchen of most American homes are a multitude of healing herbs, garlic; ginger; cayenne; fennel; turmeric; peppermint; sage; and cinnamon are among such herbs, to name a few. They all have medicinal properties ignored by western society.

Herbalists have investigated what plants are effective for particular conditions. They have also focused on what parts of the plants (roots, leaves, flowers, berries, bark etc.) We need to know what foods to eat; which foods to stay away from; which ones should be eaten raw, or cooked; how to properly prepare food; the proper time to eat; etc. in order to get the best use out of these foods for an improved life.

We must develop a more natural outlook on life, including our use of foods. We are given one life. We can live it to its fullest if we become more knowledgeable of the subject of this paper.

The scientific knowledge of "food" is available now more than ever before in history. But because of general ignorance, Americans die daily of "unnatural

causes" labeled as diseases and illness, which is most often related to the improper use of foods.

Increasingly, however, Americans are becoming upset with the current health and drug industry, which they are learning does not really cure diseases. Many Americans, therefore, are turning towards holistic practices, which includes eating properly, exercising, getting sunlight, using herbal supplements, etc.

If the Medical Doctors, Theologians, the U.S. Food and Drug Administration and their advisory committees, and all of those who have the power to make a difference, respecting the health and well-being of most others, are not successful in lengthening their own lives (in what they are offering to us to eat and drink, and in the use of medicines), why should we follow advice, in these life and death matters? This alone ought to produce a healthier attitude in us towards this entire area of our lives.

The human body was not made to be sustained by medications and drugs for health and longevity. The simple fact is the human body was not made to be drugged.

Are the powers that be, willing to confess that they made and are still making the most serious mistakes (to say the least) when it comes to the health and well-being of the American and other peoples of the world who have been adversely affected by their actions? Are they putting wealth, power, control and prestige before the well-being of the American people and the peoples of the world?

Medicines are really not keeping Americans healthy. Americans can really live a disease free life by eating the right kinds of food, and by staying away from prescription and over the counter medications, many of which ought to be outlawed.

Increasingly, medical scientists are turning down much of their own medications, with the knowledge that they are absolutely poisonous and detrimental to us all.

Many medical doctors are now going back to school and learning what is called "alternative" methods of treating patients. Their studies and experience has compelled them to conclude that the "alternative" methods really goes beyond treating symptoms with medications, and there is growing evidence that a

persons mental, spiritual, physical, and emotional status has everything to do with the outcome of an illness.

Notes: At the time of this writing, the medicines with PPA (phenylpropanolamine) in it were still on the market. I learned that as of December 2000, the U.S. Food and Drug Administration decided to either take the PPA out of all medicines that contains it, or remove the medication from the market all- together.

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