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Message: from the President of BioNatural Healing College (BNHC)



Greetings!

First and foremost, I am extremely thankful to Almighty God for granting me this opportunity to present the BioNatural Healing College (BNHC), BNHC E-Magazine to our dear readers. Also, I would like to thank you all, especially the dear readers who send us their valuable feedback and support. The information in this magazine is solely for educational purposes.

We hope this BNHC- E-Magazine will be useful to you based on the contribution and dedication of many other respected researchers and colleagues around the globe. Thanking and wishing you all have the best health and prosperous life.

Best regards,

Dr. Nadir Sidiqi Ph.D.



BioNatural Healing College

BioNatural Healing College Hope you and your loved ones are staying healthy and safe during this pandemic (COVID-19). What we need to do especially during this uncertain time as follows:

1. Vaccination, Sanitation and Isolation from Social Interaction.
2. Positive Attitude will Increase the Power of Mind and Immune System.
3. Healthy Diet and Drink Plenty of Water (Honey with green tea, vitamin D₃, vitamin C), Get Enough Sleep.
4. Exercise (any type of physical activity for 30 minutes daily).
5. A Lot of Prayer to Almighty God (be patient, calm).

May Almighty God bless, guide us all (Humanity) and grant us the ability to find a cure for the elimination of COVID-19.

GET WELL WISHES

On behalf of BNHC, myself thankful to Prof. Rosalie Stafford and Dr. Bera Dordoni for their contributions and hard work in sharing their valuable knowledge with the readers of BNHC E-Magazine.

Due to the health issues of Prof. Stafford and Dr. Dordoni's husband's health and family health issues. We are missing both our respected authors with their invaluable articles for the health improvement readers of our BNHC E-Magazine. I appreciate their dedication wishing them a speedy recovery and complete health and happiness for them and their families.

Best regards,

Nadir Sidiqi

Dr. Nadir Sidiqi Ph.D.

President/Dean of Academics

BioNatural Healing College

Understanding Disease and Healing Concepts

By Dr. Nadir Sidiqi Ph.D.

Introduction

The human life cycle has healthy and unhealthy days as well as other related incidents that make a person feel comfort or discomfort. Good health is essential and is a desire of every person on the surface of planet Earth. The author of the “Book: Heal Thyself” mentioned in the first part of his book, “The Problem: Our Health in Jeopardy” delves into the inexorable worsening epidemics of chronic illness, despite the fortunes that are being spent to fight them. Despite an ever-increasing number of procedures being done and new drugs, which only seem to make us sicker¹. Further, the author discusses who and what is to blame, including the role of conventional medicine, the pharmaceutical industry, and other food and chemical industries which will open the reader’s eyes to the way that humans’ lives are all blindly being led to the risk.

Moreover, the author stated that “The Roots of Illness and Pathway to Wellness” attempts to help create a deeper understanding of what illness is all about, that illness is a solution and a blessing, not a problem or curse. In addition, the author believes to be the most important discovery ever made in medicine: the critical role of inner conflicts as the root cause of all diseases and the biological laws that apply. For instance, the homotoxicology perspective understands illness as related to the disruption of the body’s defense against the influx of toxins and infectious agents and describes symptoms of illness as evidence of and the expression of these defense mechanisms in action as pointed out by the author of the above book Dr. Pieter De Wet.

Taking the responsibility for initiating the necessary steps for self-healing instead of counting on a flawed health care system is highly important. For instance, true healing cannot be achieved without facing health challenges on all levels, such as the physical, mental, emotional, spiritual, social, and environmental levels, which guide us by taking a holistic approach. However, prior to beginning with concepts of healing, which is the main focal point of this study, it would be appropriate to shed some light on concepts of disease at the cellular level and their root cause, so, to better understand the biological relationship between disease and healing in the rest of this study based on other researchers and their viewpoints as well.

Mechanisms of Health and Disease: The relationship of the human body between the state of well being is that the body functions on a physiological level and if any changes that occur as a result of pathogens, insects, and other adverse environmental factors, induce the body with the remarkable ability to compensate for these changes. Indeed, those changes represent such as well-being, or the signs and symptoms of disease².

Health: Both health and disease are crucial vital conditions of concern issues, to every person around the world. Most often it makes it difficult to determine, because of the way different people have different viewpoints, as far as their concern about the definition of health which is determined by many factors, including environmental, genetics, age, gender, culture, and ethnic differences, as well as based on individual, community, and governmental expectations. However, the World Health Organization (WHO) defined health in 1948 as a “state of complete physical, mental, and social well-being and not merely the absence of disease and infirmity” This definition is missing one vital element which is the spiritual aspect in the context of restoring health. Nevertheless, the U.S. Department of Health and Human Services in Healthy People 2020 describes the determinants of health as follows:

1. Attain lives free of preventable disease, disability, injury, and premature death
2. Achieve health equity and eliminate disparities
3. Promote good health for all
4. Promote healthy behaviors across the life span³

Disease: A disease has two conditions such as an acute or chronic illness that one acquires or is born with that causes physiological dysfunction in one or more body systems. Signs and symptoms are the characteristics of a disease that characterize its pathology and identifiable etiology, as such, the whole process includes etiology, pathogenesis, morphologic changes, clinical manifestations, diagnosis, and clinical course according to the authors Sheila Grossman and Carol Mattson Porth “Perth’s Pathophysiology: Concepts of Altered Health States (2014)⁴”. A disease has been defined as any deviation from or interruption of the normal structure or function of any part, organ, or system of the body that is manifested by a characteristic set of symptoms or signs and whose etiology, pathology, and prognosis may be known or unknown as pointed out by the above book authors. In addition, etiology describes the causes of disease factors, morphology informs about the structure or form of cells or tissues; morphologic changes are changes in structure or form that are characteristic of a disease.

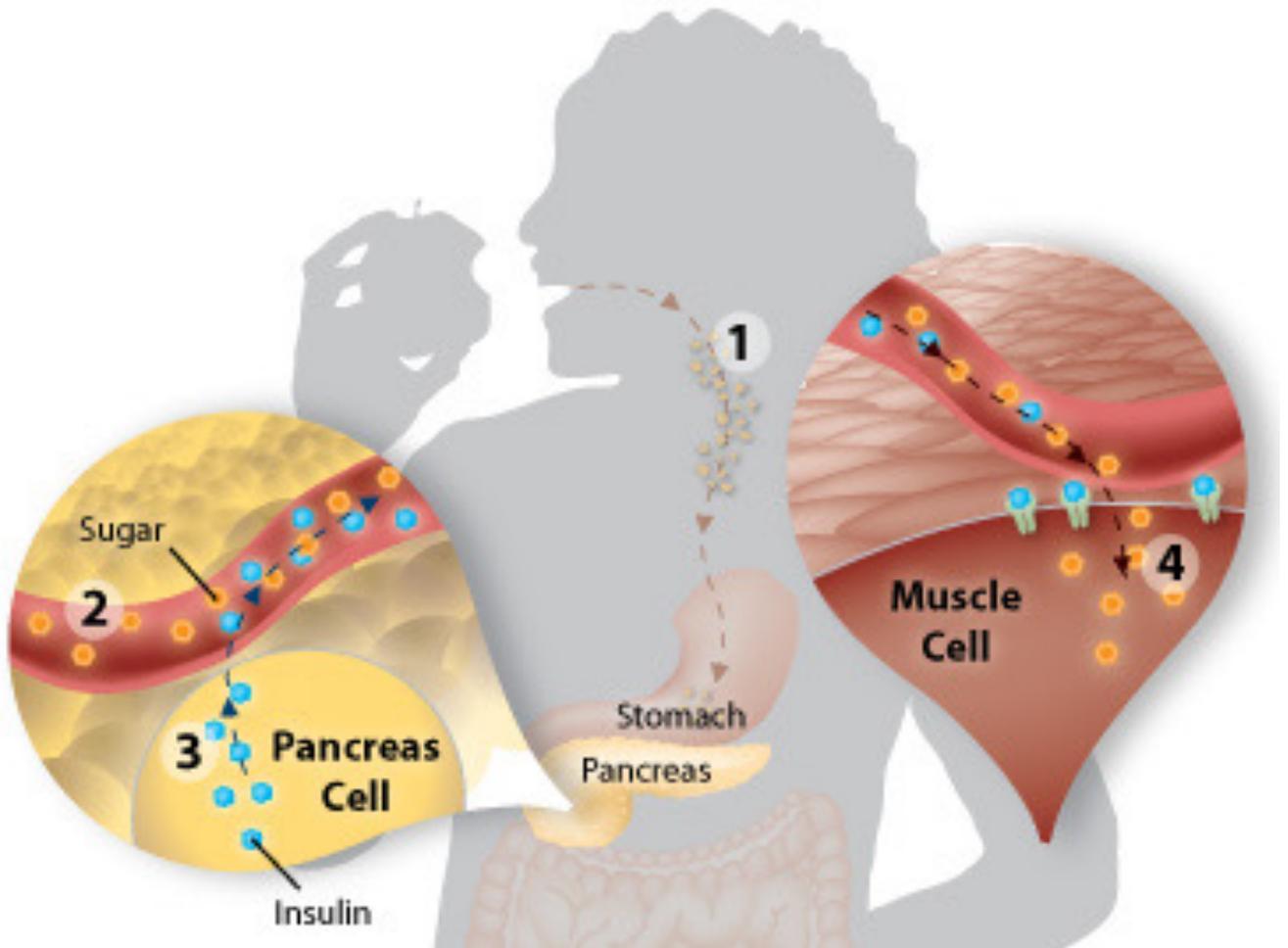
Understanding disease at the cellular and molecular level: Research conducted at the University of Copenhagen in regard to basic knowledge about cells, their differences, and how they communicate with each other⁵. It is important to understand what happens when we become sick, according to recent research and their understanding of diseases and how they occur at a cellular or molecular level as well as their exponential growth. For instance, genome sequencing has advanced knowledge of genetic components making it pose, and answer, brand new questions, with respect to a better understanding of communication networks within and between cells which also paves the way for new paths toward the treatment and prevention of disease.

Similarly, another research from the Genetic Science Learning Center University of Utah Health Sciences about the relationship and communication of the cell, when cell communication goes wrong, the cells of human bodies are constantly sending out and receiving signals.

What happens if a cell fails to send out a signal at the proper time? Or what if a signal does not reach its target? What if a target cell does not respond to a signal or a cell responds even though it has not received a signal? These are a few ways that researchers have suggested in the case that cell communication can go wrong, resulting in disease⁶. Indeed, most diseases involve at least one breakdown in cell communication. Let us illustrate the above wrong cell communication conditions according to the above studies as follows:

Losing the Signal: Food that humans consume is broken down into sugar, which enters the bloodstream, normally, cells in the pancreas release a signal, called insulin that tells the liver, muscle, and fat cells to store this sugar for later use. In type 1 diabetes, the pancreatic cells that produce insulin are lost. Consequently, the insulin signal is also lost. As a result, sugar accumulates to toxic levels in the blood. This condition leads to treatment, diabetes otherwise may create kidney failure, blindness, and heart disease in future life.

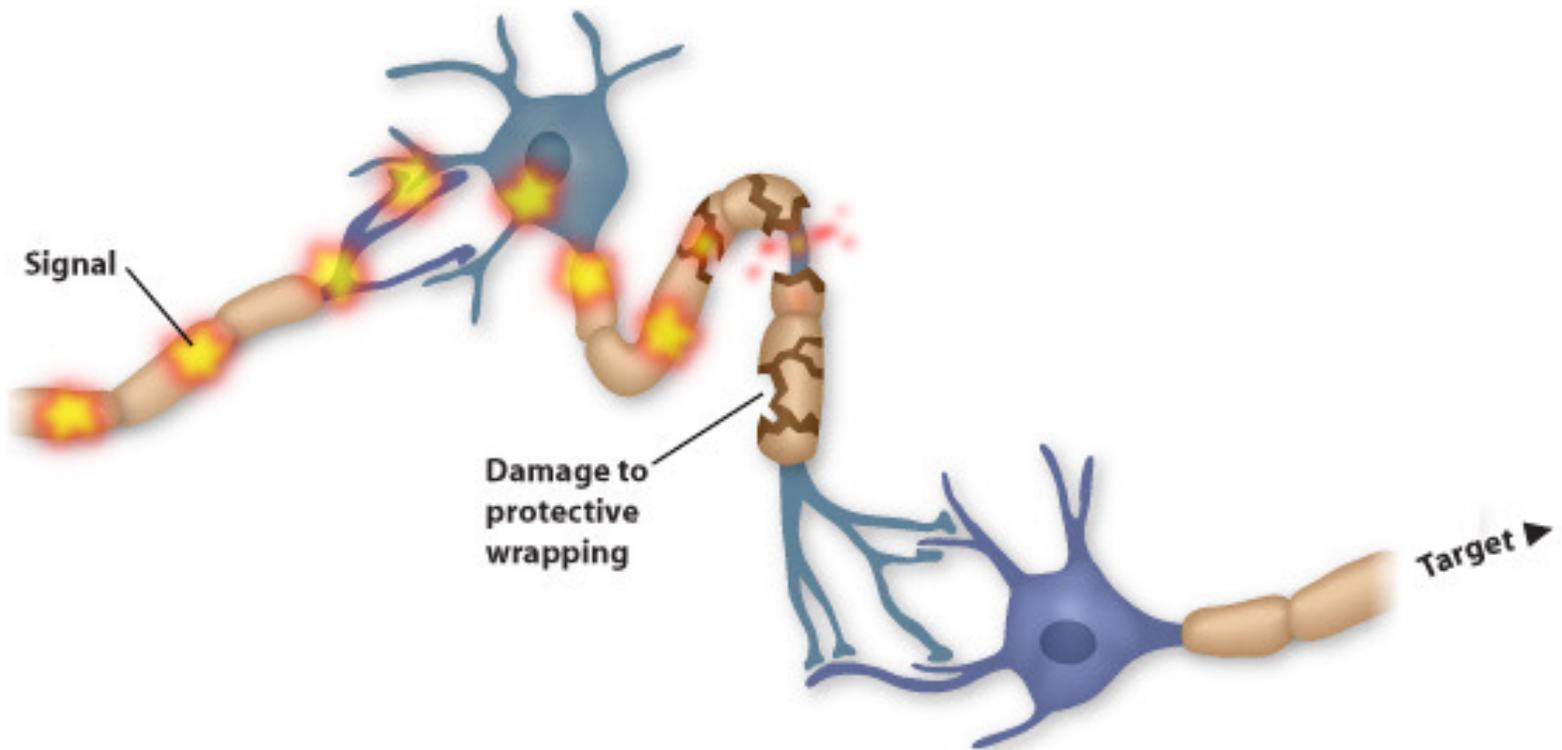
Losing the Signal



Normal blood sugar regulation. After food enters the body (1), It is broken down and sugar enters the bloodstream (2). Sugar stimulates cells in the pancreas to release insulin (3). Insulin travels through the blood to other cells in the body and signals them to take up sugar (4).Source:<http://learn.genetics.utah.edu/content/cells/badcom/>

When a signal doesn't reach its target: Multiple sclerosis is a disease in which the protective wrappings around nerve cells in the brain and spinal cord are destroyed. The affected nerve cells can no longer transmit signals from one area of the brain to another. The nerve damage caused by multiple sclerosis leads to many problems, including muscle weakness, blurred or double vision, difficulty with balance, uncontrolled movement, and depression as stated by researchers at Genetic Science Learning Center University of Utah Health Sciences.

When a signal doesn't reach its target:

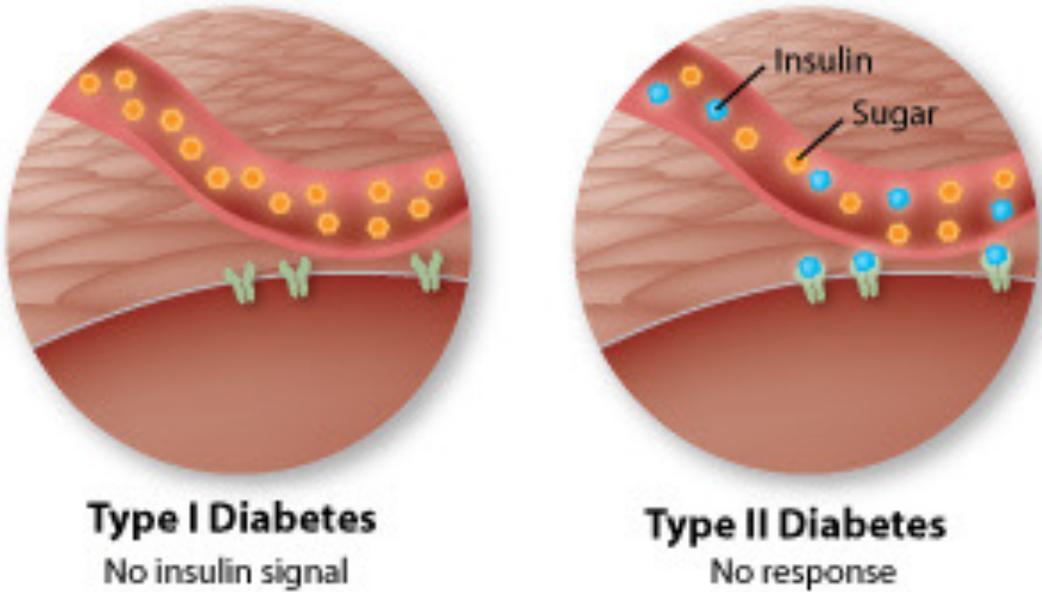


Source: <http://learn.genetics.utah.edu/content/cells/badcom/>

When the target ignores the signal: Researchers at the Genetic Science Learning Center at the University of Utah Health Science and the University of Copenhagen as well as from other parts of the world involved in researching disease at the cellular and molecular level: Insulin is a hormone produced in the pancreas, also, called beta cells. In people with type 1 diabetes, the beta cells are destroyed by the patient's own immune system. The aim of the above research is to develop insulin-producing beta cells and to understand the mechanisms that control the formation of beta cells. Researchers from DanStem have shown that the so-called "notch" signal's ability to inhibit and then stimulate the formation of hormone-producing cells which is important for monitoring the development of the beta cells⁷.

Both types I and type II diabetes have very similar symptoms; however, they have different causes. People with type I diabetes are unable to produce the insulin signal, however, those with type II diabetes do produce insulin. Nevertheless, the cells of type II diabetics have lost the ability to respond to insulin. As a result, the same blood sugar levels become dangerously high.

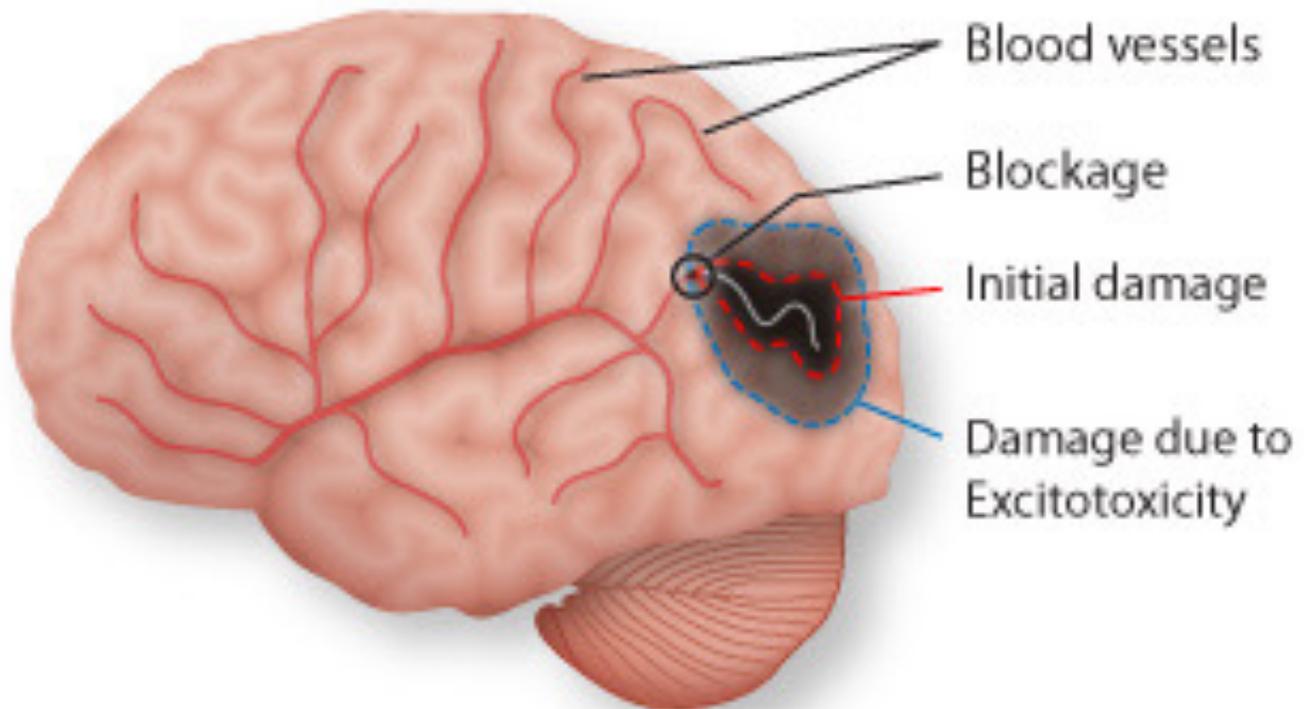
When the target ignores the signal:



Source: <http://learn.genetics.utah.edu/content/cells/badcom/>

Too much signal: A stroke is a condition when a blockage forms in a blood vessel, blocking the blood flow to the part of the brain. As a result, comes a fast death of nearby brain cells and the victim will face worse conditions later when the dying cells release large amounts of the signaling molecule glutamate. It is important to understand that high concentrations of glutamate is toxic to cells, as such, through a process called excitotoxicity, because glutamate spreads through the brain and kills cells that were not affected by the blockage and can lead to entire brain damage. However, low concentrations of glutamate control many actions in the brain.

Too much signal:

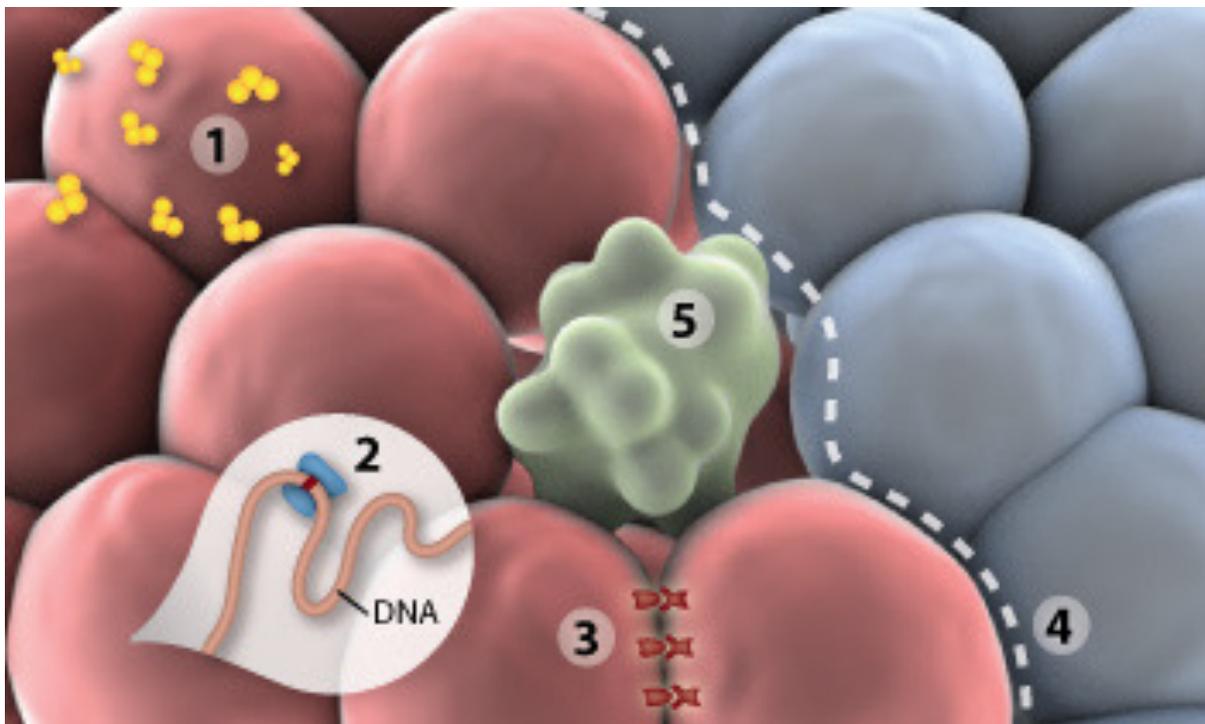


Excitotoxicity: After a brain injury such as a stroke, lethal amounts of signaling molecules leak out of dying nerve cells resulting in widespread damage to the brain.

Source: <http://learn.genetics.utah.edu/content/cells/badcom/>

Multiple Breakdowns: Proper human cell growth and division is an important vital process. However, in some situations, even cell communication can break down. As a result, uncontrolled cell growth often leads to cancer. Many factors are responsible for cancer and can occur in many ways, but it requires multiple signaling breakdowns. The nature of cancer often begins when a cell gains the ability to grow and divide even in the absence of a signal. As a result, unregulated growth triggers a signal for self-destruction. This makes the cell lose the ability to respond to death signals, because cancer cells divide out of control, forming a tumor. Consequently, cell communication events cause blood vessels to grow into the tumor and continue to increase in size. In addition, signals make the cancer cells spread to other parts of the body.

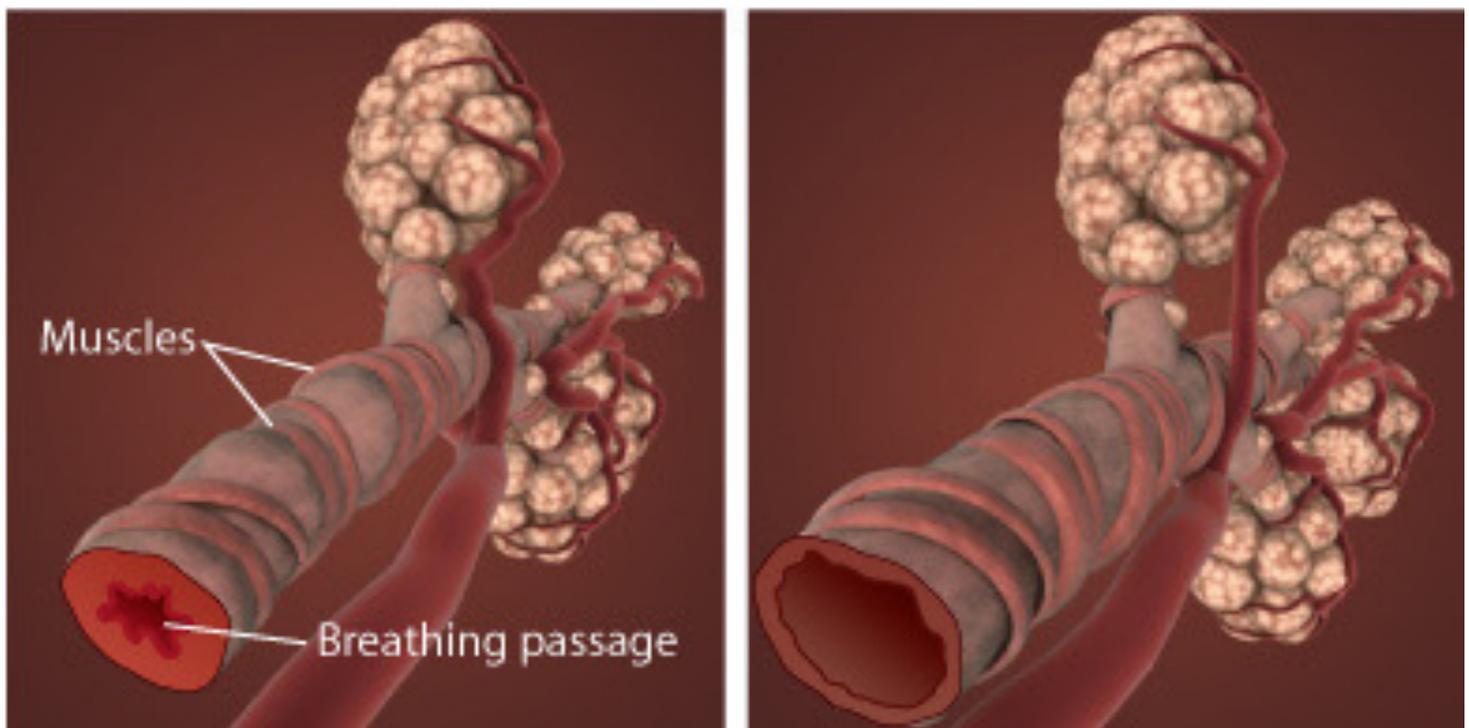
Multiple Breakdowns:



Many mechanisms maintain appropriate cell growth: Cell division occurs in response to external signals (1). Enzymes repair damaged DNA (2). Cells make connections with their neighbors (3). If these connections suddenly change, neighboring cells send out an alert. Cells respect and stay within tissue boundaries (4). If a cell is beyond repair, it initiates its own death (5).

Source: <http://learn.genetics.utah.edu/content/cells/badcom/>

The above discussion in regards to cell communication, informs us when the cell does not communicate properly; it means that something is wrong and as a result disease occurs. It is important to understand that many treatments depend on cell communication. Every disease has two routes in respect to cell communication as it's mentioned that disease as a roadblock and treatment is an alternate route. To find out about these two routes, it requires reading the road map and following the direction which includes, the first step is to be locating the problem. The second step is to find a way around the problem. For instance, the treatment for type I diabetes is to inject insulin into the bloodstream which sometimes can be done easily. On the other situation, especially in diseases such as cancer, it's more difficult, where cell communication has broken down in multiple places.



During an asthma attack, signaling molecules cause a narrowing of breathing passages in the lungs, making it difficult to breathe. Many drugs that treat asthma mimic natural signals that tell muscle cells in the lungs to relax, allowing breathing passages to open.

Source: <http://learn.genetics.utah.edu/content/cells/badcom/>

Why all of the above issues are happening at a cellular level, what are the root causes of the above diseases, and how can they manage to reduce these health problems?

It is essential to understand that human society cannot change their outside world unless they first change their inside vital world, by understanding what types of food products we're consuming and what types of reactions our body will respond with to the food and drinks you have been taking throughout your life in the surrounding environment and avoiding unnecessary chemicals. Indeed, all of these vital issues will impact the life of a person and the life of communities.

The study indicates that the war on Cancer has cost about \$500 billion in expenditures, yet the death rate has changed little⁸. The US Centers for Disease Control and Prevention (CDC) estimates that in 2050, one in three U.S. adults will have diabetes⁹. One in eight people aged sixty-five and over currently has Alzheimer's¹⁰. And that number is expected to rise to one in four within the next twenty years as pointed out by Dr. Joseph Mercola in his Book "Effortless Healing (2015)"¹¹. In addition, in the 2014 World Cancer Report, the World Health Organization reported a looming "human disaster" in the rising cancer rates from 14 million new diagnoses reported in 2012 to an estimated 22 million annual diagnoses twenty years from the time as the above author of the book reported (2015) an increase of 57 percent¹². That means within two decades, 13 million people will die from cancer each year¹³.

Furthermore, asthma, hay fever, eczema, food allergies, lupus, multiple sclerosis, and other autoimmune diseases are all on the rise, and studies estimate, that allergies and diseases of the immune system have doubled, tripled, or even quadrupled in the last few decades; with some studies indicating that more than half of the U.S. population has at least one clinically diagnosable allergy¹⁴. The author of this study received a Doctor's House Call report on March 1, 2016, from Dr. Al Sears who stated that for every disease, there is a natural, non-toxic, non-drug cure, but many new patients in his clinic feel that it's hard to believe when he tells them that. That's because for decades they've been told that the only way to successfully fight debilitating diseases is through pricy prescription drugs or invasive surgeries.

According to a report, there are countless dangerous, even deadly drugs that remain on the market. Drugs like statins and powerful NSAIDs. Not to mention recalls due to contamination and other manufacturing problems. The following are a few potentially deadly drugs that were approved for prescription as reported by Dr. Al Sears include:

Avandia: 83,000 heart attacks, 304 deaths, and thousands of reports to the FDA, and 10 separate studies say it increases the risk of heart attack by up to 80 percent and it's still being prescribed to thousands of diabetes patients^{15,16}.

Baycol: This statin drug caused a rare but sometimes fatal muscle ailment. There were 31 reported deaths directly linked to it before Baycol was pulled from the market.

Vioxx: Prescribed 105 million times, it killed 57,000 people before its maker finally stopped selling it. In addition, Celebrex is a pain reliever similar to Vioxx, has caused hundreds of heart attacks, but is still prescribed by doctors unaware of the ongoing risks, and still sold to uninformed and unsuspecting patients¹⁷. Indeed, the Vioxx scandal was one of the biggest mass murders in history. Let us consider the second part of this study with respect to basic histology, healing, and whole-body relationship.

A Cellular Approach to Healing: It has been mentioned in the first part of this study that many diseases and especially chronic diseases are basic cellular dysfunctions. However, in this part of the study, we will discuss how to understand and approach the essentiality of healing at the cellular level. According to the authors Drs. Michael Murray and Joseph Pizzorno "The Encyclopedia of Natural Medicine (2012)¹⁸" This means that the human body and its cell are not communicated properly, and something is wrong. However, in this part, we explore a cellular approach on how human healing recognizes that the external and internal environment of a cell and its membrane composition, communication and signaling pathway, enzymatic activity, and cellular energy production impact the healing, and vitality of cell, tissues, organs, systems, and the whole human body. It is important to understand that a cellular healing approach requires two basic steps such as supplying essential nutrients to cellular function and key protective antioxidants to protect cellular structures from being damaged by high blood sugar levels, toxins, and inflammation¹⁹.

Homeostasis and Cell Membranes: Human homeostasis refers to the body's ability to physiologically regulate its inner environment to ensure its stability in response to fluctuations in the outside environment and the weather. The liver, the kidneys, and the brain (hypothalamus, the autonomic nervous system, and the endocrine system²⁰) help maintain homeostasis. In fact, every organ of the body plays an important role in the maintenance of homeostasis and health. For instance, the liver's function is to metabolize toxic substances and maintain carbohydrate metabolism. The kidneys are responsible for regulating blood water levels, filtration, re-absorption of substances into the blood, maintenance of salt and ions (electrolytes) levels in the blood, regulation of blood pH, and excretion of urea and other substances. Indeed, any failure to maintain homeostasis may lead to disease (a condition called homeostatic imbalance) and in severe cases put a person in a high-risk situation²¹. Research has shown that any alteration in cell membrane function can lead to cell damage and death, which can contribute to multiple chronic diseases. Cell membranes are composed mainly of fatty acids that are derived from the diet. According to researchers the type of fat within cell membranes plays a huge role in the risk of certain diseases. As such, the long-chain omega-3 fatty acids and monounsaturated fats in cell membranes appear to improve the response to the hormone insulin, while saturated fats, trans-fatty acids, and too much cholesterol in cell membranes have the opposite effect²².

Sodium-Potassium pump is one of the essential keys in the mechanism for achieving cellular homeostasis because this system pumps three sodium ions out of the cell for every two potassium ions that it pumps in. As a result, it helps to maintain three important cell characteristics such as resting electrical potential, pH, and cellular volume²³. In addition, assist in cell communication, antioxidant protection, and the regulation of important cellular ions such as calcium. However, there are ways that cause damage to the sodium-potassium pump such as an elevation in blood sugar (hyperglycemia as occurs in diabetes or after an intake of high sugar foods) is known to induce the production of inflammatory proteins and increase oxidative damage. As a result, the binding of glucose to cellular proteins (glycosylation), and any one of these potential mechanisms can lead to damage to the sodium-potassium pump²⁴. This concludes us with the significant role of antioxidants in the prevention of free radical or oxidative damage, where antioxidants play vital roles.

Role of antioxidants at the cellular level: Antioxidants are compounds (natural and synthetic) that can be found in food products, especially fruits and vegetables which are involved in the prevention of cellular damage (diseases) from free radicals and other toxins. Free radicals are highly reactive oxygen-containing molecules that can destroy body tissues, especially cell membranes.



Mitochondrial powerhouse function: Mitochondria are powerhouse energy carriers in the production of the body's chemical energy. Mitochondria guard the body against damage against multiple types of diseases such as Parkinson's, cardiovascular, diabetes, Alzheimer's, autism, chronic fatigue syndrome, dementia, migraine headache, and much other related health issues²⁴. According to the authors of the study "The Role of Mitochondria in Cancer and Other Chronic Diseases (2014)²⁵", most cells have between a few hundred to over 20,000 mitochondria, they are concentrated most heavily in cells of the heart, brain, liver, muscles, gastrointestinal track, and kidneys^{26,27}. Consumption of fruits and vegetables along a healthy lifestyle would decrease Reactive Oxygen Species (free radicals), and provide a balance of nutrients that would fosters a healthy biochemical cellular environment that strengthens the composition and function of mitochondria, as a result, should protect against cancer and chronic diseases.

However, so far as concerned about the disease occurrence at the cellular level, it has been mentioned and also a cellular approach to healing as well. Let us consider the third part of this study based on the model of five principles of healing for any illness.

Understanding the healing model of five principles of any illness:

Now, it would be more important to discuss the third part of this study is focuses on Tibetan medicine, traditional Chinese medicine, and Ayurvedic medicine (10,000-12, 000 years ago) and the healing model based on the five levels of healing according to Dr. Dietrich Klinghardt which was interviewed by Dr. Mercola²⁸.

First level connection to Almighty God: It would be more appropriate to rank this level as the first level, instead of the fifth level which was placed by Dr. Klinghardt, because in any moment of life or prior to taking any treatment or taking medication it would be essential to ask Almighty God for granting good health and making that treatment or medication as a source of healing and cure. This is the uttermost level of a person privately praying and connection between his Creator and the real Healer, Who brings cure, comfort, and tranquility to his or her heart, mind, and the entire body of believers, who believe and has faith in His spiritual power, and handles with patience during harsh times and ask for help and cure with a positive attitude. Family, friends, physicians, naturopathic doctors, medication, and hospital teams are great sources of help in the treatment of any illness and process of healing. Let us discuss the four levels as follows:

1. Physical Body
2. Energy Body
3. Mental Body
4. Intuitive Body

The second level of healing of the physical body: Human physical body is composed of main structure and biochemistry. Perception of this level can be realized through human's five senses such as sight (ophthalmoception), smell (olfacoception or olfacoception), taste (gustaoception), touch (tactioception), and hearing (audioception).

Third level healing body energy: The human body is surrounded by laws of physics that deal with a matter which is present in different forms: solid, liquid, and gas. Furthermore, the knowledge of physics has informed us that energy is the force how matter is able to move or change and this energy can be present in different forms such as electrical, magnetic, chemical, and nuclear. After 1905 Albert Einstein clarifies the confusion that scientists had believed that energy and matter were two totally separate things, Einstein's equation proved that mass and energy are different forms of the same thing and they are interchangeable. All mass, even the human body is a form of compactly bound energy²⁹. Indeed, understanding the physical body and body energy is an essential way to treat disease by treating the foundational cause. For instance, if a disease originated and a person suffers from an energy body, to address this with the component would make the most sense, taking a pill that influences the human physical chemistry will not address the original trauma because it's treating the "body"³⁰.

Fourth level healing mental body (Biophotons): Biophotons from the Greek βιοc, meaning "life" φῶς, meaning "light" are photons of light in the ultraviolet and low visible light range which is produced by a biological system. This biophotons field surrounds the body and records all human life events and stores it in long-term memory. According to Dr. Klinghardt in modern neuroscience, it is now known that the human brain has a number of circuits that explain short-term memory, but there's no circuitry for long-term memory³¹.

This takes biophotons field value into consideration with respect to healing the mental body that can be imagined as a highly sophisticated computer that processes, stores, and retrieves information, which is then used to regulate the human physical body. Biologists have investigated that every cell in the human body has over 100,000 biochemical reactions per second, all of which must be carefully timed and sequenced.

Since, the beginning of the first part and the second part of this study it has been mentioned the disease at the cellular level as well as a cellular approach to healing, it would be appropriate to mention Dr. Fritz Albert Popp (1974), he stated that biophotons originate from DNA and that they are laser-like in nature and help control biochemical processes in respect to disease and healing concept at cellular levels which is the main objective of this study. The DNA inside each cell vibrates at a frequency of several billion hertz (the same range at which modern cell phone communication systems work, which unfortunately causes damage as researchers reported), the vibration formed the coil-like contraction and extension of DNA which occurs several billion times per second and every time it contracts it squeezes out one single biophoton; a light particle. As such, that photon contains all the information on everything going on in DNA at that moment.

Researchers estimate that one single biophoton can carry more than four megabytes of information and relays this information to other biophotons it crosses in the biophoton field outside the human body. All the photons that are emitted from the body communicate with each other in this highly structured light field that surrounds the human body, which is the actual carrier of long-term memory as pointed out by Dr. Klinghardt. This brings attention to how a person believes even pre-birth memories can be recollected by discovering this field.

Biophotons regulate metabolic activity: The information transfer on biophotons is bidirectional, which means the DNA sends information out on a photon, and on the same photon the information of all the biophotons from the body is broadcast back to the cells, and to the tubulin, which is light conductive molecules in connective tissue. As a result, the tubulin, in turn, receives the information-carrying light impulse and conducts it at the speed of light throughout the body, where it is translated inside each cell into activating or inactivating certain metabolic enzymes. For instance, to use tools that work with light to influence the body's biophoton field in beneficial ways, transmitting the information of nutrients in the form of light into the body's biophotons field can affect the body in the same way as eating the nutrients. Researchers explain the underlying principles of why it's so vital to consume a diet of mostly raw food.

How the biophoton field is affected by environmental toxins: There are many factors that contribute to the impact on the biophoton field and physical activity especially mercury at extremely low concentrations, destroys the body tubulins the light conductive molecules in connective tissues. As a result, disconnects the intelligent organizing force that organizes body biochemistry by disrupting all of these important light transmissions from the biophoton field to the cells and to the metabolic enzymes.

Fifth level intuitive body (Dream body): This level mainly depends on the spiritual value and metaphysical experiences and the tools Dr. Klinghardt uses to heal on this level which is family constellation work. For instance, for people that faced a trauma based on the severity of that trauma, it may not seem to go away with the death of that person. Rather, plays out in a variety of different ways in later generations. Based on Dr. Klinghardt's clinical experiences, ancestral trauma often becomes the source of an illness, two, three, or even four generations later, unless the conflict is somehow resolved along the way. However, this is never taken into account in conventional medicine, which means never getting at the root of ailment³².

To make a partial list of the improved health and healing of any illness at the cellular levels and whole-body healing as pointed out by Dr. Klinghardt, however, for the purpose of the intrinsic connection between the human body and spiritual value to begin the list with:

1. Ask help in the healing from the Real Healer (Almighty God)
2. Consume the right nutritional type to enhance recovery and keep insulin levels low
3. Drink plenty of clean water
4. Exercise
5. Manage stress and increase level of hope
6. Sunlight
7. Reduce the level of toxin exposure
8. Consume healthy fats
9. Optimize insulin and leptin levels
10. Consume plenty of raw food
11. Get enough sleep

Conclusion: Most often humans can reduce the occurrence of any type of disease by following three essential ways the prevention any disease: First, listen to the body's cells, tissues, organs, and entire systems for their needs. Second, respond and provide essential nutrients and care to those cells, to communicate and circulate signals in the proper direction for improving health, healing, and avoiding infectious agents, insects, and adverse environmental chemicals that cause disease. Third, most importantly, ask for help and communicate in a humble way to the Real Healer, Sustainer, and Cherisher (Almighty God) for granting good health and prosperous life. Furthermore, research is needed with respect to cell to cell communication, cell to nutrient communication, cell to infectious agents, and toxic chemicals.

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