The Seven Steps to Healing

Think of the body as an aquarium, an ecosystem in balance. Think of what would happen to an aquarium if the filtration system stopped working. That is what happens in the body when diseases express themselves.

The seven steps to healing is a treatment that can effect the reversal of the disease process and bring the person back to a state of health.

The Seven Steps of Healing
1. Identify and eliminate environmental toxicity
2. Identify blockages to self-healing
3. Open drainage pathways
4. Remove dysbiosis
5. Remove toxins
6. Restore the enzyme systems
7. Tonify qi

Step 1—Identify & Eliminate Environmental Toxicity
First, you have to clean up the water you drink. The chlorine kills the good bacteria. The fewer particles in the water you drink, the easier it is for the body to remove toxins from your cells.

Step 2—Identify blockages to self-healing
The most common blockage to healing is scars. Scars can be visible or invisible. The only way to eliminate scars is by energetic medicine such as auricular or acupuncture.

Step 3—Open drainage organs
Primary:
1. **Liver
2. *Kidneys
3. Intestines
4. Lungs

Secondary:
1. Skin
2. Mucous membranes

Step 4—Remove the Toxins
Toxins are removed by remedies specific for the condition or person and are identified by the miasm, constitutional type, and temperament. This requires a practitioner with knowledge of terrain homeopathy
In the US however, we have become so toxic that it might help to start with select herbals such as Ichol and Saw Palmetto Plus to effect a change before beginning homeopathics

Step 5—Restore the enzyme systems
Toxins in the body often block or damage the enzyme systems. Inadequate nutrition often causes deficiencies of trace elements needed for proper enzyme function. Based on the person’s constitutional type and disease process, specific trace elements or organ support formulas can repair the damage.

Step 6—Remove the dysbiosis
Dysbiosis is the presence in the body of the wrong parasites. This includes bacteria, yeasts and viruses. The real problem with dysbiosis is the environment that supports the parasites. That is why the environment must be corrected first. Then the correct organisms can live. The best organisms are Lactobacillus acidophilus and bifidus. The best replacement preparation is HMF, a human strain of these organisms

Step 7—Tonify Qi
Qi is the vital energy which makes up the universe. When stress occurs, qi is expended. When the qi is not restored or when the stress is continuous, the person can become deficient. When there is a deficiency of qi, the immune system cannot be revitalized and disease is eminent. Regular qigong is essential to a healthy system.
The Cause of Disease Based on an Alternative Medicine Approach

All disease is characterized by three processes:
1. Excretion of toxins
2. Deposition of toxins
3. Degeneration by toxins

Health is like a bridge. Optimal health is the center line. Suboptimal health falls between the center line and the edge. Disease is falling off the bridge. The closer to the edge, the more damage there is to the enzyme systems and natural defenses in the body, and the more toxins are accumulated in the body.

Bacteria, viruses, and other parasites are merely opportunistic inhabitants in a diseased environment. They are not the cause of disease, but the result.

Disease today is caused by several factors:
1. Absence of the proper microbacterial flora that supports a healthy body.
2. Toxins
   a. Autointoxication
      i. Stress
      ii. Inadequate nutrition
      iii. Failure to excrete
   b. Heterointoxication (poisoning from outside the body)
      i. Pollutions
      ii. Drugs
      iii. Food additives
      iv. GMO
   c. Loss of qi
   d. Autoimmune responses to toxins inside, on, or surrounding the cells.

Principles of Healing

Stop contaminating the body,
Start eliminating the contamination
Go natural, not artificial
Eliminate GMO from diet

Antibiotic means “against life”—take it literally
Probiotic means “for life”

The body knows best—Listen to it

Restore your qi regularly
Get in touch with your spirit
Ego is the antithesis of spirit

Stress is the root of all disease
Treat disease at the first stage
--eliminate stress
--eliminate acid

Medical Disclaimer

The information presented here is not conventional thought. It is not meant to take the place of your regular physician. No experiments have been done to establish the validity of this treatment. If you use this treatment you do so at your own risk. Keep in mind, conventional treatment suppresses expression of toxicity. With the release of toxins, healing can produce undesirable reactions.

Dr. Cheek is retired, unlicensed, and cannot give individual treatment.

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