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**THE BOOST AND THE THRILL OF NATURAL THERAPIES**© 10 Oct 1994 F J Fox

***Working with nature not against it***                    21 Halewood Road Liverpool L25 3PH

1. **Natural Therapies provide something special** – something that is lacking in most conventional medicine: support and enhancement of the natural, inner protection and healing power of the immune system.

The immune system is really one’s inner life-force in its protective and healing role. This is what makes healing from within possible.

1. **Most drugs supress the symptoms of disease** by suppressing the immune system. Their purpose

is to make it possible to live with diseases. Natural therapies, in contrast, tackle the hidden causes of

disease in order to help one to recover from disease. They give the sick a real boost towards recovery

of good health – and that is the thrill of it.

1. **Natural therapies work in harmony** with the inner laws of good health. These laws are God-given

and must be respected if there is to be harmony within body, mind, and spirit. Such harmony is

the basis of good health. In order to enjoy good health, therefore, one must learn these laws and respect them.

1. **In order to recover from disease**, those very same natural laws must be allowed to operate

without restriction. It is necessary at times to suppress the immune system for a time in order to reduce symptoms to a tolerable level. Ultimately – indeed as soon as the opportunity arises, an effort must be

made to uncover the hidden causes of the affliction and remove them so that recovery can start.

1. **This can and should be done** even though the use of drugs may still be necessary during and between therapy sessions. The sufferer then has the consolation – and indeed the thrill – of knowing that deep

down something is changing and that the body may soon be able to deal with the problem better. Light

has appeared at the end of the tunnel. The taking of drugs is no longer a dead-end deal.

1. **Although any appropriate natural therapy** enhances the immune system and recovery power of the body, one which includes testing to identify toxic substances and the remedies needed to deal with them is most desirable. Knowing the enemy is “half the battle”. And knowing precisely how to deal with the enemy, assures one of ultimate victory. This is where our system of Bio-Testing excels. Not only are we able to identify the enemy, but its allies. In addition, we can find out and provide the extra help the immune

system usually needs to deal with them all.

1. **The extra help comes in the form of mineral compounds** which provides the extra fire-power in the form

of photons (electro-magnetic energy) which act as catalysts to trigger off the chemical reactions which metabolise them (burn them up) or balance them off energetically – as is the case with heavy metals such

as mercury, lead, and cobalt.

1. **Behind most health problems**, there is also mental and emotional factors – attitudes of mind and

emotional traumas which may have to be dealt with. Any therapy which includes such considerations,

is to be highly recommended. The Bach Flower Remedies eminently fulfil this need. They should therefore be included as soon as possible. The client can be given positive affirmations to balance off stress and enhance one’s God-given healing from within.