



## The Natural Evolution of Holistic Health

*Christopher Rudy*

Over the last 40 years, I've developed four holistic health centers,<sup>1</sup> with a lot of experience in discovering what works best to prevent and manage diseases in the 'whole body'—spiritual, mental, emotional and physical. I'm mostly just writing from experience now.

Four years ago, I published an article in this magazine on Global TeLeCare,<sup>2</sup> introducing development of a free, on-line service for the analysis, prevention, and management of all disease. This is a self-care model, as well as a physician-care model, for the future of highly personalized holistic health care.

Wisdom of the crowd—from the data cloud of evidence-based results—is the expert in this model, which corresponds to each individual metabolic type, as defined by their blood type. Imagine the blessing of a free search service that shows what modalities work best for any health condition, based on an ever-expanding, worldwide database of results.

The opposite of this well-

informed choice is found in the 'free' searching on Google, which has partnered with Big Pharma to rig search results to connect only with websites that recommend drugs for whatever ails you.

That was one of the big reveals

**The simple answer to cancer is to sustain a strong immune system.**

in 2019. Drug-pushing on TV has been outlawed in all civilized countries of the world, except the U.S. and South Korea. Now Google pushes drugs like the TV used to—only worldwide!

As a naturopath who has worked with non-toxic and non-invasive modalities, I learned that whatever builds health and prevents disease will also manage disease at therapeutic levels.

This should be common sense, but I've also learned that health-care economics and politics are far more complex and convoluted in America than simply the biological science involved.

The U.S. health-care system is far more expensive, yet with worse health outcomes, than other high-income countries. This may be good for the medical-industrial complex, which has been privatized for profit, but it's not good for public health. The big money is in disease, not in health, so the pathological incentives of the system is for more treatment—not prevention, cures, or holistic remedies. The classic example is cancer. We've all got cancer virus in our bodies, but a strong immune system keeps it in check.

Groundbreaking research in the last decade shows that the 'microbiome'—the biological terrain of fungus, bacteria and viruses in the body—actually consists of as many microbes as there are cells in the body. Some experts say there are ten times more!

With a strong immune system, there are natural checks and balances on the pathogens in the

body, but as the immune system degenerates, the biological terrain morphs into fungal overgrowth, bacterial infection, and viral proliferation, a terrain primed for the growth of cancer. As goes the immune system, so goes health in the biological terrain. Poisoning the body's terrain with chemo in order to kill the cancer virus is counterintuitive to holistic health. It weakens the immune system with innumerable disease-causing side-effects.

Better to build the immune system by reversing the conditions that led to cancer, like oxygen deprivation (non-aerobic exercise), or poor nutrition (denatured food), or toxic exposure (from adulterated food, air or water).

The new science of epigenetics has also shown that unmitigated stress and toxic thinking also weakens the immune system. This may explain how the influential writer, Norman Cousins, cured his cancer by binge-watching comedy shows while taking high doses of vitamin C.

I've worked with dozens of modalities and approaches for building the immune system. There is always a spiritual component in healing—some call it the placebo effect, while others call it the power of prayer. It's better to have faith in whatever treatment you choose—whether it's a sugar pill, or chemo, or a natural remedy—if you want the autonomic immune system to activate.

Common sense says that the more levels of spiritual, mental, and physical modalities of healing

are integrated, the greater will be the holistic results.

Given spiritual coherence and mental congruence, I've found that one of the best physical modalities for building the immune system is the nutritional-grade 'royal jelly' called Swedish Pollen Extract (SPX)<sup>3</sup> that I've been importing since 1987.

Over the years, I've supplied many health-food stores, sports enthusiasts, and health practitioners with this highly concentrated superfood. I've watched it become used by doctors worldwide in drip IVs for immunotherapy. SPX is the most common prophylactic used to prevent colds and flu in Europe and Asia, where biologically correct remedies are valued more than immune-weakening vaccines or drugs.

This is the natural evolution of holistic health care, with nature's richest source of stem-cell genetic material found at the very source of the food chain. ■



### Swedish Pollen Extract

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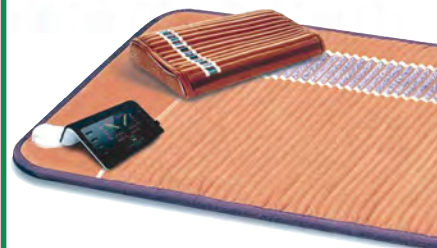
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#### FOOTNOTES:

- 1) Four holistic health centers: [Heartcom.org/4centers.htm](http://Heartcom.org/4centers.htm)
- 2) Global TeLeCare: [Heartcom.org/GlobalTeLeCare.htm](http://Heartcom.org/GlobalTeLeCare.htm)
- 3) Swedish Flower Pollen Extract: [Heartcom.org/SwedishPollenExtract.htm](http://Heartcom.org/SwedishPollenExtract.htm)



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