

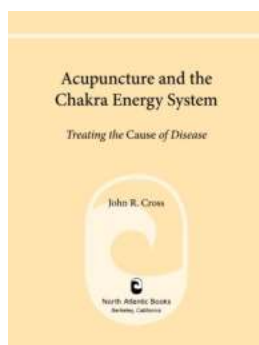
# Treating The Cause Of Disease: The Key To True Healing

When it comes to our health, treating the symptoms of a disease may provide temporary relief, but to truly heal and prevent future illnesses, it is essential to address the underlying causes. In today's society, where quick fixes and instant gratification are highly sought after, focusing on the root cause of diseases has become more important than ever.

## Understanding Disease and Its Causes

Disease is an unfortunate reality that plagues many individuals around the world. Whether it is diabetes, heart disease, or cancer, these ailments often result from a combination of genetic predispositions and lifestyle choices. Identifying the factors that contribute to the emergence of diseases is crucial in order to create effective treatment plans.

It is important to recognize that many diseases are multifactorial and may have complex causes such as genetics, environmental factors, and lifestyle choices. Instead of merely addressing the symptoms, a comprehensive approach should be adopted to treat the whole person and consider all possible causal factors.



## Acupuncture and the Chakra Energy System: Treating the Cause of Disease

by Dr. John R. Cross (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 10059 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled



## **The Role of Conventional Medicine**

Within the realm of conventional medicine, the focus primarily lies on symptom management rather than treating the cause of diseases. Medications are often prescribed to provide temporary relief, but they fail to address the underlying issues. While conventional medicine has undoubtedly made significant advancements in the treatment of acute illnesses, chronic diseases require a different approach.

Long-term drug dependence can also lead to unwanted side effects and complications. This highlights the need for alternative methods that focus on treating the cause and promoting holistic healing.

## **The Rise of Integrative and Functional Medicine**

Integrative and functional medicine have gained immense popularity in recent years due to their emphasis on treating the cause rather than just the symptoms. These approaches combine conventional medicine with evidence-based complementary practices to provide comprehensive treatment plans.

Functional medicine, in particular, focuses on understanding the root cause of diseases by analyzing the interactions between genetics, lifestyle, and the environment. By addressing the underlying imbalances and dysfunctions, functional medicine aims to restore the body's natural healing capabilities.

## **Taking Back Control of Your Health**

One of the key principles in treating the cause of disease is empowering individuals to take an active role in their own health. By adopting a proactive approach, individuals can make positive lifestyle changes that can prevent diseases from arising in the first place.

Proper nutrition, regular exercise, stress management, and quality sleep are all factors that play a significant role in maintaining good health. By incorporating these practices into one's daily routine, individuals can strengthen their immune systems and minimize the risk of chronic diseases.

## **The Importance of Holistic Healing**

When treating the cause of disease, it is crucial to recognize that the body, mind, and spirit are interconnected. Holistic healing approaches take into account the physical, mental, and emotional well-being of an individual.

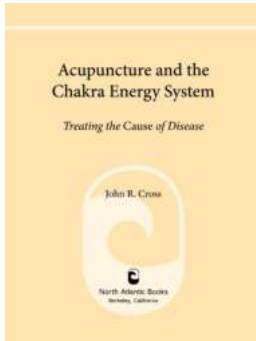
Treatments such as acupuncture, yoga, meditation, and herbal medicine are some examples of holistic practices that can complement conventional medicine. These approaches focus on optimizing the body's natural healing abilities and promote overall wellness.

Overall, treating the cause of disease is not only about finding a cure for the symptoms, but also about creating a balanced and healthy life. By considering all possible factors contributing to the development of diseases and adopting a holistic approach, individuals can take control of their health and pave the way towards true healing.

### **Acupuncture and the Chakra Energy System: Treating the Cause of Disease**

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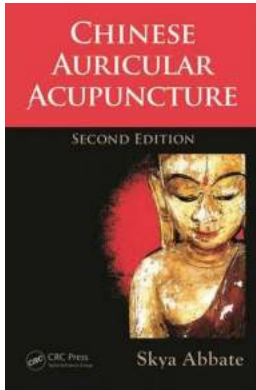
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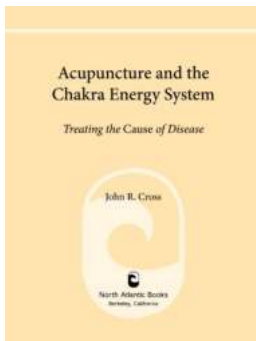


Acupuncture and the chakra energy system have both become increasingly mainstream in the West, but rarely have the two approaches been joined into one practice. *Acupuncture and the Chakra Energy System: Treating the Cause of Disease* does just that. By comparing the traditional approaches of Chinese medicine and modern Western acupuncture with the chakra energy system of Ayurvedic philosophy, author John Cross offers clinically proven strategies for treating the causes of conditions, not just the symptoms. The book describes the seven major and twenty-one minor chakras in detail and explains how each is related to the body's aura, meridians, Key points, endocrine glands, autonomic nervous system, and varying symptomatology. Focusing on how to use the chakras in the treatment of chronic physical and emotional conditions—osteoarthritis, rheumatoid arthritis, low back pain with sciatica, insomnia, hypertension, depression, menopausal symptoms, and frozen shoulder, among others—Cross's clear, in-depth explanations make his techniques easy for anyone to follow. Including appendices on how to use the chakras with copper and zinc needles and biomagnets, as well as which types of patients respond to such treatments, *Acupuncture and the Chakra Energy System* is a well-rounded guide for acupuncturists and other practitioners as well as interested students.



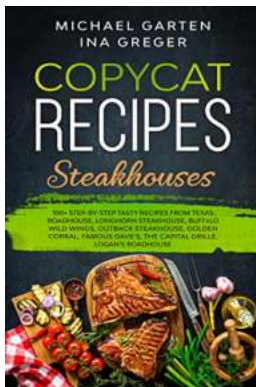
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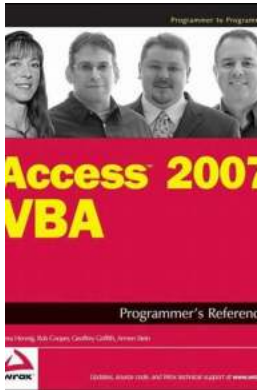
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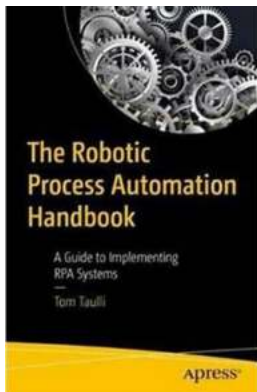
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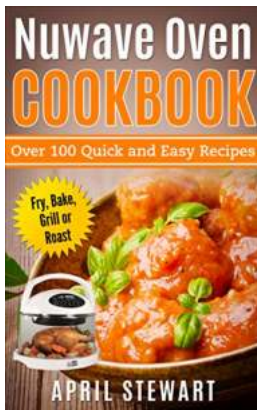
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