

Laws of Healing and Disease

Herring's Law of Cure - The body heals from the inside out and from the top down and in reverse order that the symptoms appeared.

There is only one basic disease and that is a disruption of the life force in our body. **It can be caused by stress, toxicity, malnutrition, or by how you feel and think.**

Germs do not cause disease but rather they seek tissues and conditions conducive to their growth. They are not the root cause of a disease. It's all about your "internal environment." We don't catch disease; we create disease by breaking down the natural defenses according to the way we eat, drink, think, feel, and live.

The toxic stress cycle in the human body -

- 1) The digestive system is stressed by depleted food, poor food combinations, water with meals, pollutants, additives, preservatives, improper chewing, and poor mental attitudes.
- 2) The colon is affected by undigested foods and becomes toxic. Natural healers point out that death begins in the colon.
- 3) The liver and gallbladder are the first to be affected by the toxic colon.
- 4) The kidneys and bladder are then affected.
- 5) The lungs are made toxic by the kidney weaknesses.
- 6) The circulation is next to be affected.
- 7) The heart and spleen are then affected.
- 8) The muscle and soft tissues are next to be affected.
- 9) The brain and nerves are affected.
- 10) The endocrine glands are the last to be affected.

To bring about restoration, the body heals in the reverse order of the above. A cure of a disease is dependent upon the cleansing of the body tissue and replacing the old tissue with new.