

NATURAL DOES NOT MEAN ALTERNATIVE

Frequently, the terms “natural remedies” and “alternative remedies” are used interchangeably and are viewed as being the same. However, they are not the same. In actual fact, there is a lot of difference between the two, and they should never be used interchangeably. Therefore we need to learn how to distinguish between the two terms.

First, we need to learn what “natural remedies” means. Natural remedies are just that – natural. They can also be referred to as “old-fashioned remedies”. Examples are: diet, rest, exercise, vitamins and minerals, herbs, other supplements, hot or cold treatments, saunas, and so on. Many of these treatments are used today in a conventional medical environment. For example, diet and exercise are frequently prescribed by conventional medical doctors. Also, two other examples of conventional doctors using natural remedies are: 1) If a patient has a lot of skin irritations, a doctor might prescribe soaking in an oatmeal bath; and 2) if a patient sprains an ankle, the doctor might recommend putting an ice pack on it. These are just a few examples of how natural remedies or old-fashioned remedies are sometimes part of conventional medical treatments.

Next, we need to learn what “alternative remedies” means. It alludes to being an alternative to the conventional. Alternative remedies include both natural remedies, as well as remedies based on eastern religious philosophies. Remedies such as yoga, meditation, mindfulness, homeopathy, acupuncture, reflexology, energy medicine, and so on have a supernatural component to them. Frequently, they involve “channeling the powers of the universe to heal.” So alternative remedies is an umbrella term that covers both natural remedies and supernatural remedies; and they are viewed as an alternative to conventional remedies.

The Chronic Chemically Injured individuals require natural remedies, not alternative remedies, to assist their bodies to heal, as they must reduce their use of conventional, pharmaceutical remedies as much as possible. However, when the natural remedy is not adequate to accomplish the goal, then conventional remedies are implemented, using the least toxic options.

Health treatment protocols should not be dependent on the religion or the philosophy that a person embraces. Therefore, it is inaccurate to state that the Chronic Chemically Injured need alternative remedies, as they do not require the supernatural remedies for healing. Chronic Chemical Injury is a physiological health condition that requires physiological remedies to aid in the healing.

Consequently, it is much more accurate to state that the Chronic Chemically Injured do require natural remedies, with the rare back up of conventional treatments.

The key principle that one needs to know and follow is: it is vital for the Chronic Chemically Injured person to receive low-toxicity medical care – either completely non-toxic, and when that is not available, the least toxic.